

THE 31st *STING-IN-THE-TAIL* CONGLETON HALF AND QUARTER MARATHONS

9:30am Sunday 5th October 2014

ALL race proceeds distributed to local charities



Undulating, scenic, rural course. Part of the Congleton Race Series and NSRRA Race Programme. Full course amenities, water stations, UK Athletics rules/licence (2014-8868) and accurately measured course.

Excellent Goody Bag for all finishers.



"fantastic marshalling and organisation..." : "the way races should be..." : "tech tee that actually fits and good design" : "excellent value..." : "goody bag that's better than races costing double" : "amazing scenery, great organisation and just a glorious race. Love it"

STRICTLY NO ENTRIES ON THE DAY

Online entries **only** at www.congleton-harriers.co.uk/half

HALF: Entry fee £13 (+£2 if non UKA affiliated) (plus online fees)

QUARTER: Entry fee £11 (+£2 if non UKA affiliated) (plus online fees)

(Minimum ages on race day: Half = 17 years, Quarter = 16 years)

Closing date for all entries Saturday 27th September 2014

Prizes:

Men:	1st 10, 1st 3 V40, 1st 2 V45, 1st V50, 1st V55, 1st V60, 1st V65, 1st V70, 1st Local Non Affiliated
Ladies:	1st 5, 1st 3 V35, 1st 2 V40, 1st V45, 1st V50, 1st V55, 1st V60, 1st V65, 1st V70, 1st Local Non Affiliated



COURSE RECORDS:

Men: Rob Deakin, SMAC - 1:08:12 (2003), Ladies: Emma Ford, Liverpool Harriers - 1:19:10 (2004)

EMAIL: half@congleton-harriers.co.uk

WEB: www.congleton-harriers.co.uk/half

FACEBOOK: "Congleton Harriers"

TWITTER: twitter.com/Congletonseries

Race numbers and timing chips can ONLY be collected on race day. Please complete the medical template on the reverse of the race number which we would kindly ask you not to cut/fold/mutilate. Registration and race start is at Congleton High School, Box Lane, Congleton, CW12 4NS

PLEASE HAVE RESPECT FOR LOCAL RESIDENTS – PARK CAREFULLY AND AS DIRECTED BY OUR MARSHALS. IN THE INTERESTS OF SAFETY, NO MP3 PLAYERS TO BE WORN BY RUNNERS PLEASE.

We are happy to allow any pre-registered runner to SWAP NUMBERS without additional charge; however you MUST ask your substitute to notify our swap desk at registration on race day.