



Bord Gáis
Energy
**CORK CITY
MARATHON**



**CORK CITY
COUNCIL**
COMHAIRLE CATHRACH
CHORCAI

BANK HOLIDAY MONDAY
7 JUNE 2010



ENTER ONLINE AT
CORKCITYMARATHON.IE

THE BORD GÁIS ENERGY CORK CITY MARATHON

THE MARATHON FOR EVERYONE!

With a record entry last year, the Bord Gáis Energy Cork City Marathon is going from strength to strength. This annual event is organised through a partnership of Cork City Council, the Cork branches of the Athletic Association of Ireland (AAI) and the Business Houses Athletics Association (BHAA), an Garda Síochána, Health Service Executive, LeisureWorld Cork, Cork Chamber, City of Cork Vocational Education Committee and Bus Éireann.

We continue two very successful partnerships from last year, with **Bord Gáis Energy** as our title sponsors and the **Irish Cancer Society** as our Nominated Charity. You don't have to run for a charity, but please consider taking part for the ICS. For further information, CallSave 1850 60 60 60 or email ccm@irishcancer.ie.

A FEW IMPORTANT FACTS

The race starts and finishes in the city centre, on St Patrick's Street, starting at 9am on June 7th.

TEAM RELAY EVENT

The Team Relay Event is for teams of between 2 and 5 members, who share the marathon course over 5 stages. Exact stage distances and the changeover points will be posted on our website as soon as confirmed.

The team must appoint a Captain, who will complete this form and who will be the point of contact for the organisers. The cost of entry is **per team**.

ONLINE ENTRY

You can enter online at www.corkcitymarathon.ie.

COURSE ACCREDITATION & SAFETY

The Bord Gáis Energy Cork City Marathon course, of 26.2 miles (42.195km), is accredited by the Athletics Association of Ireland (AAI) and AAI officials will oversee compliance with the race regulations.

The race is open to anyone 18 years of age or over on 7th June 2010.

Road safety is under the control of the Garda Síochána. Race officials or the medical or emergency services may stop

any competitor from continuing the race for medical or safety reasons.

Bicycles and **motorised vehicles** are strictly forbidden on the marathon course, except those belonging to the organisers, the emergency services and others authorised by the race officials. Athletes who are aided or paced by person(s) on bicycles will be disqualified from the race. No aids such as roller or in-line skates are permitted on the course.

Participants are strongly advised not to wear headphones during the race.

RACE TIMING

Timing chips will be used for all individual marathon participants and for the finishing member of each Relay Team.

By completing this form, the participant agrees on their honour not to anticipate their race start and to cover the full distance, or their stage of the race, before crossing the finish line.

2010 MARATHON PRIZE LIST

The Bord Gáis Energy Cork City Marathon operates a 'one person, one prize' policy. Participants in the Marathon who are placed in more than one category will be awarded the prize of greater value. Equal prizes will be offered for male and female races. There must be at least 3 entries in a category to qualify as a prize-winning category.

TRAVEL AND ACCOMMODATION

The Marathon start and finish line is on St Patrick's Street in the city centre. It's a short walk from the Bus Station on Parnell Place and from Kent Train Station. Notification of parking facilities and road closures on race day will be posted on our website at a later date.

Cork city centre and suburbs have an extensive range of accommodation, from 4* and 5* hotels to mid-range and economy rooms. You'll find plenty of information and links for accommodation at www.cometocork.com. See also www.corkcitymarathon.ie for further information.

ASSOCIATED CHARITY 2010:

THE IRISH CANCER SOCIETY

Founded in 1963, the Mission of the Irish Cancer Society is to play a vital role in achieving world-class cancer services in Ireland, to ensure fewer people get cancer and those that do have better outcomes. Our goals are focused around prevention, survival and quality of life with three

programme areas to achieve them; advocacy, cancer services and research.

As nearly all of our funding is voluntary, the Irish Cancer Society is delighted to be the Associated Charity for the 2010 Bord Gáis Energy Cork City Marathon. Marathon participants and relay teams can help the Irish Cancer Society and its mission by taking part on our behalf and joining our **Run 4 Life** programme. CallSave **1850 60 60 60** or email ccm@irishcancer.ie for more information. Participants will receive a Run 4 Life marathon pack including marathon singlet, sponsorship cards and a fundraising guide. Irish Cancer Society relay teams will also have the opportunity to participate in the 2010 **Irish Cancer Society Relay Challenge**.

PLEASE READ THE FOLLOWING BEFORE COMPLETING THE FORM

- Participants must be 18 years of age or over on 7th June 2010.
- You must sign the entry form.
- The closing date for entries is Monday 10th May 2010. Entries will not be accepted after that date.
- Entries will not be accepted by email or by fax.
- Each entry form must be accompanied by the appropriate fee.
- Once an entry has been confirmed, no refund will be made.
- Entry cannot be deferred.
- For the Team Relay Event, the entry form should be completed only by the Team Captain. The Captain must also complete the 'Additional Details' section.
- This form may be photocopied and submitted as an entry form.
- Tá leagan gaeilge den bhfoirm iontrála ar fail ón Oifig Eagraíochta.
- Whether you are entering the Marathon or the Team Relay Event, it is strongly recommended that you consult your doctor if you have any doubt about your health or fitness level. If you are not currently involved in a physical sporting activity, you should seek medical advice before entering the Bord Gáis Energy Cork City Marathon.

Before submitting please check that:

All relevant information is completed. The appropriate fee is attached (no cash, please). The form is signed and dated.

CLOSING DATE FOR ENTRIES IS MONDAY 10th MAY 2010



ALL MARATHON ENTRANTS AND TEAM RELAY CAPTAINS MUST COMPLETE THIS SECTION



**Bord Gáis
Energy**
**CORK CITY
MARATHON**

(Please complete in BLOCK Capitals)

PLEASE TICK YOUR EVENT:

	to March 31	April 1-30	May 1-10
Marathon	€60 <input type="checkbox"/>	€70 <input type="checkbox"/>	€80 <input type="checkbox"/>
Wheelchair Marathon	€60 <input type="checkbox"/>	€70 <input type="checkbox"/>	€80 <input type="checkbox"/>
Marathon Team Relay	€90 <input type="checkbox"/>	€100 <input type="checkbox"/>	€110 <input type="checkbox"/>

(Information on concessions is available on request)

Surname _____ **First Name** _____

Address _____

Town/City _____ **County** _____ **Country** _____

Postcode (if applicable) _____ **Nationality** _____

Phone _____ **Email** _____

Date of Birth _____ **Age** (on 7th of June 10) _____

Gender Male Female **T-Shirt** Small Medium Large Extra Large

Individual marathon participants only:

Best Time for Marathon: Hours _____ Minutes _____ **Predicted Time:** Hours _____ Minutes _____

MARATHON TEAM RELAY - TEAM DETAILS:

Team Name (max 24 characters) _____ **Number in Team** (2-5): _____

TEAM MEMBERS: (Captain to complete details):

Surname	First name	Age (on 7.6.10)	Sex (M/F)	T-shirt (S,M,L,XL)
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

TEAM CATEGORIES (please tick the appropriate category): 1. All Female 2. All Male 3. Mixed Team

SPECIAL CATEGORY (OPTIONAL):

Organisation (incl. community groups, charities, sports & leisure clubs, hotels, etc) entering the most teams

Organisation name: _____

- Please ensure that both sides of this entry form are completed and signed by the Team Captain.
- Any change in team details must be notified in writing or by email info@corkcitymarathon.ie to the Marathon office well in advance of race day.



ALL PARTICIPANTS:

Are you a member of the AAI? Yes No

Are you a member of the BHAA? Yes No

If you are a member of a running club, please name:

Will you be running for the Irish Cancer Society? Yes No

(For further info., CallSave 1850 60 60 60
or email ccm@irishcancer.ie)

If not, please name your chosen charity:

Will you be competing in Ocean to City 2010? Yes No

(see www.oceantocity.com for further info.)

IMPORTANT NOTICE FOR ALL PARTICIPANTS

Entries will not be processed unless the following disclaimer is signed.
(For the Team Event, the Captain must sign on behalf of their team.)

I declare that I will be 18 years of age or over on 7th June 2010 and that I will abide by the laws and rules of the Athletics Association of Ireland (AAI). I will not compete in the race unless I am medically fit to do so on the day and I accept that I will be participating entirely at my own risk. I accept that Cork City Council, its Servants or Agents, the Cork City Marathon Committee, its Members, Associates, Partners and Sponsors will not be liable for any loss, damage, illness or injury whatsoever directly or indirectly occasioned by or resulting from the negligence, wrongful act or default of Cork City Council, its Servants or Agents, the Cork City Marathon committee, its Members, Associates, Partners or Sponsors, or from any other cause including an act of God or my own physical condition. I accept that the Organisers, their Sponsors and Partners will not be liable for any action, claim, costs or expenses that may arise in consequence of my participation of the event.

By signing this form, I give my permission to Cork City Marathon to use my name, quotes and photographic likeness (and those of my team members) for promotional and marketing purposes.

For Team Relay: As Team Captain, I accept the above statements on my own and on behalf of my team members. I will make my team members aware of the conditions of participation in the event.

Signature _____

Date _____

The organisers may wish to pass on some of the contact details on this form to other organisations running similar events. If you **DO NOT** want your details to be passed on, please tick this box, but note that if you tick this box finishing photographs taken by the Organisers or their Associates may not be available to you.



Please specify any medical conditions you or your team member(s) may have:

Are you participating in the Marathon/Team Relay Event for a special reason?

Would you be willing to speak to the Organisers and/or local media about your reasons for participating in this event? Yes No

What experience do you have of similar events?

Would you be willing to speak to the Organisers and/or local media about your previous experiences? Yes No

How did you hear about the marathon?

PAYMENT

Method of payment: cheque bank draft
postal order credit card

Please make cheques/bank drafts payable to Cork City Council.

Credit Card Details:

Number:

Security Code:

Expiry Date (month / year):

Name of cardholder (please print): _____

Signature of cardholder: _____

Date: _____

Total amount enclosed: € _____

SEND COMPLETED FORMS TO:

Gina Johnson, Event Manager,
Bord Gáis Energy Cork City Marathon,
City Hall, Cork

For further information email: info@corkcitymarathon.ie
or log-on to: www.corkcitymarathon.ie

OFFICIAL USE ONLY

MARATHON TEAM RELAY NO. OF RUNNERS

INITIALS DATE

TOTAL RACE NUMBER