



# IRONBRIDGE RUNNER EVENTS

10 Lower North Street, Exeter, EX4 3ET, 01392 493800, [ibr.events@btinternet.com](mailto:ibr.events@btinternet.com)

[www.thegreatwestrun.co.uk](http://www.thegreatwestrun.co.uk)

## THE FOLLETT STOCK GREAT WEST RUN

Sunday 1st May 2011

### HALF MARATHON PRIZE FUND

#### INDIVIDUALS

##### MALE

1st_____	£100 Cash / K Swiss Shoe Voucher + 2011 Entry Runners Physiological Assessment by Exercise Science Consultancy
2nd_____	£60 Cash / K Swiss Shoe Voucher+ 2011 Entry Runners Physiological Assessment by Exercise Science Consultancy
3rd_____	£40 Cash / K Swiss Shoe Voucher + 2011 Entry Runners Physiological Assessment by Exercise Science Consultancy
4th_____	£60 IBR Voucher + 2011 Entry
5th_____	£50 IBR Voucher + 2011 Entry
6th_____	£40 IBR Voucher + 2011 Entry
7th_____	£30 IBR Voucher + 2010 Entry
8th_____	£25 IBR Voucher + 2011 Entry
9th_____	£20 IBR Voucher + 2011 Entry
10th_____	£15 IBR Voucher + 2011 Entry

##### FEMALE

	£100 Cash / K Swiss Shoe Voucher+ 2011 Entry Runners Physiological Assessment by Exercise Science Consultancy
	£60 Cash / K Swiss Shoe Voucher + 2011 Entry Runners Physiological Assessment by Exercise Science Consultancy
	£40 Cash / K Swiss Shoe Voucher + 2011 Entry Runners Physiological Assessment by Exercise Science Consultancy
	£60 IBR Voucher + 2011 Entry
	£50 IBR Voucher + 2011 Entry
	£40 IBR Voucher + 2011 Entry
	£30 IBR Voucher + 2011 Entry
	£25 IBR Voucher + 2011 Entry
	£20 IBR Voucher + 2011 Entry
	£15 IBR Voucher + 2011 Entry

#### TIME BONUS

COURSE RECORD                      Under 69.05  
\*This is only payable to one runner    £100

Under 81.12  
£100

TIME BONUS                              Under 68.05  
\*Payable to up 3 runners                £50

Under 80.42  
£50

Under 67.05  
£50

Under 80.12  
£50

1985 WINNING TIMES                  Under 66.11  
\*This is only payable to one runner    £100

Under 80.00  
£100

## **AGE GROUPS**

\*Both Male and Females

\*\*Money will be paid in the form of an Ironbridge Runner Voucher

\*\*\*These prizes will be posted out after the event

	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Under 20	£25	£15	£10
Over 35 *Women Only	£25	£15	£10
Over 40	£25	£15	£10
Over 45	£25	£15	£10
Over 50	£25	£15	£10
Over 55	£25	£15	£10
Over 60	£25	£15	£10
Over 65	£25	£15	£10
Over 70	£25	£15	£10

## **TEAM**

\* Runners must wear their club vest to score for their club

\*\*Money is per runner and will be in the form of a Ironbridge Runner voucher

\*\*\*These prizes will be posted out after the event

	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
MEN – 4 to Score	£25	£15	£10
WOMEN – 3 to Score	£25	£15	£10

# THE RAF CAREERS GREAT WEST 5k

Sunday 1st May 2011

## 5KM PRIZE FUND

### INDIVIDUALS

\*\*Money will be paid in the form of an Ironbridge Runner Voucher

	MALE	FEMALE
1st _____	£40+ 2011 Entry	£40 + 2011 Entry
2nd _____	£30 + 2011 Entry	£30+ 2010 Entry
3rd _____	£20 + 2011 Entry	£20 + 2010 Entry

### AGE GROUPS

\*Both Male and Females

\*\*Money will be paid in the form of an Ironbridge Runner Voucher

\*\*\*These prizes will be posted out after the event

	1 <sup>st</sup>
Under 20	£10
Over 35 *Women Only	£10
Over 40	£10
Over 45	£10
Over 50	£10
Over 55	£10
Over 60	£10
Over 65	£10
Over 70	£10