

INFORMATION

The half marathon - an organisation of the FLAC (Flanders Athletics Club) - officially measured at 21.097,5 m starts on the historical market place (Grote Markt) at Ypres at 10 am and finishes on the market place of Poperinge.

This competition is open both to members of VAL – LBFA as to non-members. Minimum age is 18 years.

The 2011 edition counts for the Belgian Championship Half Marathon for the personnel of the Belgian Railways (NMBS).

REGISTRATION AND COLLECTION OF CHEST NUMBERS

Register on our website : <http://mcbride-run.flac.be/>

The registration fee is to be transferred to the following account number :

IBAN : BE40 0014 4700 3863

BIC : GEBABEBB

(mentioning the name of the participant(s) and the code administered by ChronoRace upon registration).

REGISTRATION FEE INCLUDING GUARANTEE OF 2 EUROS FOR THE LACE CHIP :

	UP TILL THE 30 th of May 2011	REGISTRATION ON THE DAY ITSELF
Including buffet*	€ 18	Not possible
Without buffet	€ 10	€ 14
Extra buffet *	€ 12	Not possible
Return of 2€ guarantee for lace chip on return ! The buffet with warm ham and fresh vegetables, potato, bread... * Max. number of people for the buffet : 550 !		

COLLECTION OF THE CHEST NUMBERS :

- On Saturday 4th of June at the reception of McBride, Paddevijverstraat 49, 8900 Ieper between 9 am and 12 am.
- On the day of the competition from 7.30 am onwards in 'Het Vleeshuis' (formerly known as JOC), Neermarkt, 8900 Ieper (close to the start zone).

PRACTICAL ARRANGEMENTS

DRESSING ROOMS : START : 'Het Vleeshuis' / FINISH : Maeke-Blyde hall.

TRANSPORT OF THE SPORTS BAGS : For free to Poperinge.

TRACK : A lovely track, mainly flat and pedestrian, a refreshment post every 5 km. Correct indication of kilometers.

The Red Cross Flanders will be present along the track.

One companion (on bike) is allowed per participant. You can find the regulations on our website.

TIME REGISTRATION : Through **Zatopek-ChronoRace**.

PRIZE-GIVING and BUFFET : In the Maeke-Blyde hall – at 300m from the finish.

CLASSIFICATION / SOUVENIR / PRIZES / EXTRA

- Trophies and money prize for the first of each category : Seniors Men – Seniors Ladies – Masters Men +35/+45/+55 – Masters Ladies +35/+45/+55.
- Money prizes and tombola with lovely prizes : check our website for more information.
- Bonus when improving the competition's record : Men : 1 :07 :39 / Ladies : 1 :17 :24
- There is a classification for sport clubs and companies. Regulations on demand or on the website.
- For the first time there is also a 'Floating Trophy' for the best company or club. Check our website for the regulations.
- Separate prize-giving for the athletes who are taking part in the Belgian Championship NMBS group.

For every competitor :

- Valuable gift McBride.
- Exclusive towel.
- Sportsdrink on arrival and mineral water along the track on every refreshment post.
- Free shuttle
- Guarded checkroom, dressing rooms, hot showers and possibility to get a massage.

Results

Detailed results with time control will be available on our website.

By taking part in the McBride-Run, you support « Doctors without Frontiers »

More info : mcbride-run@kewl.be