



# LARKING GOWEN IPSWICH HALF MARATHON 2010

# CAN YOU BE PART OF THE TEAM TO MAKE IT HAPPEN?

**Enjoy the atmosphere and be part  
of the event**

It takes over **200** volunteers to make the Larking Gowen Ipswich Half Marathon happen. Could you help in the lead up, during and post event?

**MARSHALLING  
WATER STATIONS  
CAR PARKING  
EVENT ADMINISTRATION  
BAGGAGE CONTROL**

