



The Lydd 20 Mile Race

Generously sponsored by Brett

Incorporating the 8th Lydd Half Marathon

Sunday 8th March 2015 10.00 am

Organised in conjunction with the Mayor of Lydd to raise funds for local good causes
Held under UK Athletics Rules. UKA Licence applied for

A brand new to the south east's race calendar, this race is ideal for those training for London, Brighton or other Spring marathons. The course is fast and flat on wide country lanes – so most definitely pb potential!

Race held at the same time, and starts with, the popular Lydd Half Marathon

***** High quality medal to all finishers *** Chip timing *****

***** Pre-order your souvenir technical running shirt *****

****£100 for 1st Man and 1st Lady finisher in both Half Marathon and 20 Mile races****

Plus prizes and trophies for:

1st, 2nd, 3rd Males; 1st in Male Vet Categories 1-7; 1st Under 18; 1st Male Team (of 3)

1st, 2nd, 3rd Ladies, 1st in Female Vet Categories 1-7; 1st Under 18; 1st Female Team (of 3)

Venue: Banks Sports & Social Club, Dennes Lane, Lydd, Romney Marsh, Kent TN29 7HG

ENTRY FEES (for either race) £18.00 attached £20.00 unattached £25.00 on the day Children's Dash £3.00

ENTRY LIMIT: 1000. Postal closing date is 4th March but entries accepted after this date online and on the day subject to availability

PLEASE ENCLOSE: SAE.

CHEQUES: Payable to 'Nice Work'

ENTRIES: Martin Burke, Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

Online entry details available on www.nice-work.org.uk

Enquiries/more information: 01797 230009

Please enter me for the Lydd 20 [] Lydd Half Marathon [] Children's 1 Mile Race []

Please reserve me a souvenir technical shirt in the following size S M L XL for £3.

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 8/03/2015 _____

Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ Affiliated Yes/No. Estimated Time _____

I declare I will be over 17 years of age on 8/03/15 and I agree that the organisers shall not be liable for any injury, accident, loss or damage to myself or to anyone accompanying me in consequence of my participation in this event. I also declare that I am medically fit at the date of this application and that I will not participate in the event unless I am medically fit to do so. I will also obey all Marshall's and organiser's instructions. If under the age of 18, this entry form should be signed by a parent or guardian.

SIGNATURE.....DATE.....

Occasionally, we'd like to tell you about some of our other races and events but if you'd prefer not to receive this information, please tick here [].