



# The Clacton Half Marathon

(Incorporating the Clacton 10k & Clacton Carnival Golden Mile Fun Run)  
Sunday 9<sup>th</sup> August 2015 at 10.30 am

Clacton 10k Start 10.30 am; Golden Mile 12.30 pm

Organised on behalf of the Clacton Carnival Association

Held under UK Athletic Rules. UKA Licence applied for. Accurately measured course.

The Clacton Half Marathon & 10k returns to Clacton and held as part of Clacton Carnival, the Half Marathon is a seafront out and back course between Clacton and Walton and is ideally suited to runners of all standards. The 10k course should also be fast, but would suit runners of all standards including beginners. Medal to all finishers. Golden Mile race is ideally suited to youngsters, families and those new to running. All entrants will receive free entry to the Clacton Carnival Family Fun Day Arena with their race number as proof of entry.

### Prizes for race and age category winners plus team prizes

Race HQ: Gainsford Avenue Sports Ground, Fourth Avenue, Clacton-on-Sea, Essex CO15 5BL

### Toilets and refreshments

ENTRY FEE: Half Marathon £14.00 attached £16.00 unattached £2.00 extra on the day  
10k £12.00 attached £14.00 unattached  
Golden Mile £5 Adult & £3 Child

ENTRY LIMIT: 200 for each race. Postal closing date August 4<sup>th</sup> 2015 but entries accepted online and on the day subject to availability

CHEQUES: Payable to 'Clacton Carnival Association' MORE INFORMATION: 01797 230009 or 07541 172739

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

**FOR ONLINE ENTRY DETAILS, PLEASE VISIT [www.nice-work.org.uk](http://www.nice-work.org.uk)**

Please enter me for: Half Marathon [ ] 10k [ ] Golden Mile [ ]

SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

AGE ON RACE DAY \_\_\_\_\_ Sex: Male/Female (delete as applicable)

ADDRESS \_\_\_\_\_

Post Code \_\_\_\_\_

TELEPHONE NO \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

RUNNING CLUB/TEAM NAME \_\_\_\_\_ Affiliated Yes/No.

I declare I will be 15 years of age or over for the 10k race and 17 for the Half Marathon. 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 Marshal's and organiser's instructions. If under 18 years of age application should be signed by a parent/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 [ ].