

The 3rd Monsal Trail Half Marathon & 10k

Bakewell, Derbyshire

Saturday and Sunday 23rd and 24th March 2019 at 10.00am

Held under UKA Rules. UKA Licence applied for.

10k Start shortly after the Half Marathon

After another sell out year in 2018 this half marathon & 10k returns in 2019 along the stunning, traffic-free Monsal Trail. Using one of the most iconic of Peak District trails there is a flat-ish, good surface throughout. The Monsal Trail, is a former Midland railway line and the route will take you through four railway tunnels plus across the spectacular Monsal Viaduct. Surrounded by beautiful countryside this half marathon is ideal for Spring marathon training.

Brought to you by the same team that manages the Tissington Trail Half Marathon, the race will be an out and back race from the former Bakewell Station. Due to a lack of parking at the start location, no vehicles will be allowed at Bakewell Station. More information on parking can be found on our website.

Race HQ: Monsal Trail, Bakewell Station, Bakewell, Derbyshire DE45 1GE

**** Special commemorative medal to all finishers - plus well stocked aid stations along the route and at the finish ****

Half Prizes/trophies for: 1st, 2nd, 3rd Males, First in Vet Categories 1-7, First Male Team (of 3)

1st, 2nd, 3rd Ladies, First in Vet Categories 1-7, First Lady Team (of 3)

Race Start: Bakewell Station, Station Road, Bakewell, Derbyshire DE45 1AE

ENTRY FEE: Half Marathon £20.00 attached £22.00 unattached £25.00 on the day, if race is not full.

10k £15.00 attached £17.00 unattached £20.00 on the day, if race is not full

ENTRY LIMIT: 350 for Half Marathon; 150 for 10k

Closing date is 20th March but entries may be accepted on day if the race is not full

PLEASE ENCLOSE: SAE. CHEQUES: Payable to 'Nice Work'

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

Further information or enquiries: 01797 229955

MORE RACE INFORMATION AND LINKS TO ONLINE ENTRY AT WWW.NICE-WORK.ORG.UK

Please enter me for the Monsal Trail Half Marathon [] 10k [] on Saturday [] Sunday [] Both []

Please reserve me a finishers technical shirt (state size XL, L, M, S) £8 []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 23/03/2019 _____

Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ Affiliated Yes/No.

I declare I will be over 17 years of age for the Half Marathon or 15 for the 10k on 23/03/19 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 Marshal's and organiser's instructions. If under 18 years of age application should be signed by a parent/guardian.

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

