



The Clacton Half Marathon

(Incorporating the Clacton 10k & Clacton Carnival Fun Run)

Sunday 18th August 2019 at 9.30 am

Clacton 10k Start 9.30 am; Golden Mile 9.15

Organised on behalf of the Clacton Carnival Association

Held under UK Athletic Rules. UKA Licence applied for.

The Clacton Half Marathon & 10k returns to Clacton and is held as part of the Clacton Carnival. The Half Marathon and 10k set off together and both use traffic-free course along the seafront. Both races are ideally suited to runners of all standards.

Bespoke medal to all finishers.

The Mile fun run is ideally suited to youngsters, families and those new to running.

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	£18.00 affiliated	£20.00 unaffiliated	£25.00 on the day
	10k	£15.00 affiliated	£17.00 unaffiliated	£20.00 on the day
	Golden Mile	£5 Adult & £3 Child		

ENTRY LIMIT: 600 for each race. Postal closing date August 13th 2019 but entries accepted online and on the day subject to availability

CHEQUES: Payable to 'Clacton Carnival Association' MORE INFORMATION: 01797 229955

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

FOR ONLINE ENTRY DETAILS, PLEASE VISIT www.nice-work.org.uk

Please enter me for: Clacton Half Marathon [] 10k [] Fun Run []

PLEASE COMPLETE THE BELOW FORM IN BLOCK CAPITALS

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..

SIGNATUREDATE

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 [].