

The Twilight Ultra Run

Choice of 50k, Marathon or Half Marathon

Saturday 27th July 2019

50km run starts at 10.00 am; Marathon starts at 2.00 pm and

Half Marathon starts at 5.00 pm

Cut-off time for all races is 9.00 pm

Held under UK Athletics Rules. UKA Licence 2017-29929

The fifth staging of the The Twilight Ultra takes place at the Redbridge Cycle Centre in East London. The secure, traffic free undulating tarmac route sees runners covering laps of the cycle circuit and finishing on what will, hopefully, be a balmy summers evening. With good parking and spectating facilities, the event features a choice of three distances with start times varying according to the distance you select. Aim high and select the ultra distance and you can always step down to a shorter distance after you have started.

***** Well stocked aid stations on each lap with hot and cold food and drink. *****

**** Chip Timing ****

****Souvenir Technical T-shirt for Ultra and Marathon finishers and bespoke medal to all finishers****

Venue: Redbridge Cycle Centre, Forest Road, Hainault, Ilford, IG6 3HP.

ENTRY FEE: For entries made before 1st May 2019

Ultra £38.00 attached/£40.00 unattached; Marathon £28.00/£30.00; Half £18.00/£20.00

For entries made before 28th July 2019

Ultra £48.00 attached/£50.00 unattached; Marathon £38.00/£40.00; Half £23.00/£25.00

On the day – subject to availability

Ultra £50.00; Marathon £40.00; Half £25.00

ENTRY LIMIT: 250. Postal closing date is 24th July but entries accepted after this date online and on the day subject to availability.

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

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

A range of online entry options available on www.nice-work.org.uk

Enquiries/more information: 01797 229955

Please enter me for the The Twilight Ultra [] The Twilight Marathon []

The Twilight Half Marathon []. Ultra and Marathon finishers please select a shirt XL, L, M, S, XS

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON RACE DAY (Min age 17 for Half; 18 for Marathon and 21 for Ultra) _____

Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ Affiliated Yes/No. Estimated Time _____

Race Entry: I declare that I am fit to run and enter at my own risk. I fully understand that the organisers can in no way be held responsible for any injury, loss incurred to my person or belongings during or as a result of the event. I understand that the Race Director's decision in all matters is final. I understand that the race entry fee is non-refundable and that race numbers are transferable only at the discretion of the organisers. I confirm that I have read and accept the above and the full race conditions which are available on request and would like to enter the race as indicated above

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