

# Mid Sussex Half Marathon Weekend

Saturday, Sunday and Monday May 1<sup>st</sup> – 3<sup>rd</sup> May 2021

A three race series. All races start at 10.30 am

Mid Sussex East Grinstead 5 Mile – Saturday May 1<sup>st</sup> 2021

Mid Sussex Haywards Heath 5 Mile – Sunday May 2<sup>nd</sup> 2021

Mid Sussex Burgess Hill 5K – Monday May 3<sup>rd</sup> 2021

Run them individually – or take part in all three, run 13.1 miles and receive a specially designed Commemorative Mid Sussex Half Marathon Weekend Medal

The Mid Sussex Mile – a chip timed 1 mile race for both junior runners and adults. Ideally suited to those new to running.

All three races held under UKA Rules. UKA Licence to be applied for.

After the 2020 event was interrupted by Covid-19, the marathon weekend returns in 2021 to celebrate its 10<sup>th</sup> birthday with the addition of a Half Marathon option. Using undulating roads, trails and pathways in and around Mid Sussex, the races are run over mainly traffic free routes. Would suit runners of all standards including those new to 5 mile races and those looking to take part in their first race.

Prizes/trophies for: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Males and Female runners

## Venues:

Saturday: East Grinstead Rugby Club, St Hill Road, East Grinstead, West Sussex, RH19 4JU

Sunday: Victoria Park, Haywards Heath, West Sussex RH16 4LU

Monday: Burgess Hill Academy, Station Road, Burgess Hill, West Sussex RH15 9EA

Toilets and refreshments available. Attractions and entertainment on the day

ENTRY FEE:	5 Mile races	£15.00 attached	£17.00 unattached	£20.00 on the day
	5K race	£12.00 attached	£14.00 unattached	£15.00 on the day
	Entry for all three races	£36.00 attached	£42.00 unattached	£50 on the day
	Mid Sussex Mile Race	Parkrunner - £5.00	Standard entry - £7.00	
	The Mid Sussex Fun Run	- £5.00		
ENTRY LIMIT: 750.	Closing date for postal entries April 25 <sup>th</sup> but entries accepted on day subject to availability			
CHEQUES:	Payable to 'Places Leisure LTD' MORE INFORMATION: 01797 229955			
ENTRIES:	Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA Please enclose large sae			
ENTER ONLINE AT	Please visit <a href="http://www.nice-work.org.uk">www.nice-work.org.uk</a> for links to online entry facilities.			

**Medals to all finishers - plus plenty of goodies at the finish!!**

Race website [www.midsussexmarathonweekend.co.uk](http://www.midsussexmarathonweekend.co.uk)

Postal entry form overleaf



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**NSPCC**



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5K race £12.00 attached £14.00 unattached £15.00 on the day  
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Mid Sussex Mile Race Parkrunner - £5.00 Standard entry - £7.00  
The Mid Sussex Fun Run - £5.00

ENTRY LIMIT: 500. Closing date for postal entries April 25<sup>th</sup> but entries accepted on day subject to availability

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Please enclose large sae

ENTER ONLINE AT Please visit [www.nice-work.org.uk](http://www.nice-work.org.uk) for links to online entry facilities.

Please enter me/us for: Mid Sussex East Grinstead 5 Mile [ ] Mid Sussex Haywards Heath 5 Mile [ ]  
Mid Sussex Burgess Hill 5K [ ] All three events [ ]

Mid Sussex Mile Race at \_\_\_\_\_  
Mid Sussex Fun Run at \_\_\_\_\_

If entering all three races please state your t-shirt size Small [ ] Medium [ ] Large [ ] XLarge [ ]

SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
AGE ON RACE DAY \_\_\_\_\_ GENDER: Male/Female (delete as applicable)

ADDRESS FOR RACE INSTRUCTIONS/NUMBERS \_\_\_\_\_

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

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

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

I declare I will be over 15 years of age to enter the 5 mile races and 11 to enter the 5k race. 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.

Are you running to help raise funds for a charity, community group or good cause? Yes [ ] No [ ]. If yes, which good cause are you supporting?

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

Occasionally, we'd like to tell you about some of our other races and events if you'd like to receive this information, please tick here [ ] Details of our GDPR & Privacy Policy can be found online at [www.nice-work.org.uk/about/gdprstatement](http://www.nice-work.org.uk/about/gdprstatement)

For more information, please contact the Mid Sussex Marathon Weekend Office on 01797 229955.

Alternatively, please visit the race website: [www.midsussexmarathonweekend.co.uk](http://www.midsussexmarathonweekend.co.uk),

or email [info@nice-work.org.uk](mailto:info@nice-work.org.uk); or visit [www.nice-work.org.uk](http://www.nice-work.org.uk)



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