

The Great Yorkshire Coast Marathon Weekend

Bank Holiday Weekend

Saturday, Sunday and Monday May 25th – 27th May 2019

A three event stage race – plus a bonus 5k.

All races start at 10.00 am (5k starts at 10.45)

Great Yorkshire Coast 15 Mile – Saturday May 25th 2019

Great Yorkshire Coast 10 Mile – Sunday May 26th 2019

Great Yorkshire Coast Golden Mile – Monday May 27th 2019

Plus a bonus Golden 5k on Monday 27th May at 10.45am

Run them individually – or take part in the 15, 10 and 1 mile races and you'll have completed over 26.2 miles and will receive a specially designed

Commemorative Great Yorkshire Coast Marathon Weekend Medal

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

Join us for this brand new Stage Race on the Yorkshire Coast. Using the undulating roads, trails and pathways between Scarborough and Whitby, the races are run over mainly traffic free routes. Would suit runners of all standards including those new to Stage races. Runners will register and meet at the Race HQ in Scarborough and be transported out to the start locations.

Overall series prizes for those completing the 15, 10 and 1 mile races.

Plus prizes/trophies in each race for:

**1st, 2nd, 3rd Males; 1st in Male Vet Categories 1-7; 1st Under 18; 1st Male Team (of 3)
1st, 2nd, 3rd Ladies, 1st in Female Vet Categories 1-7; 1st Under 18; 1st Female Team (of 3)**

Venues:

Race HQ: Scarborough Promenade, Royal Albert Drive, Scarborough, YO12 7TY

Saturday 15 Mile Start: Robin Hood's Bay, Whitby, North Yorkshire

Sunday 10 Mile Start: Ravenscar, North Yorkshire

Golden Mile & 5k Start: Scarborough Promenade

Toilets and refreshments available.

ENTER ONLINE AT Please visit www.nice-work.org.uk for links to online entry facilities.

Bespoke Medals in all races to all finishers - plus plenty of goodies at the finish!!

All Four-Race finishers also receive a tech shirt

Postal entry form overleaf



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ENTRY FEE:	15 Mile	£26.00 attached	£28.00 unattached
	10 Mile	£20.00 attached	£22.00 unattached
	Golden Mile	£6.00 attached	£8.00 unattached
	Golden 5k	£10.00 attached	£12.00 unattached
	Combined Golden Mile & 5k	£13.00 attached	£15.00 unattached
	Combined 15, 10 and 1 mile	£45.00 Attached	£50.00 unattached
	All four races	£50.00 Attached	£55.00 unattached

ENTRY LIMIT: 500. Closing date for postal entries May 21st

ENTRIES ON THE DAY Yes, subject to availability

CHEQUES: Payable to 'Nice Work'

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 www.nice-work.org.uk for links to online entry facilities.

Please enter me/us for: 15 Mile [] 10 Mile [] Golden Mile [] Golden 5k []
 Combined Golden Mile & 5k [] Four Race entry []

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

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 25/05/2019 _____ 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 17 years of age to enter the 15 mile races, 16 to enter the 10 mile race 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.

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 []

For more information:

Contact 01797 229955: email info@nice-work.org.uk; or visit www.nice-work.org.uk

