



The Croydon Half Marathon

Organised by Striders of Croydon

Sunday 31st March 2019 at 9.15 am

Sandilands Club, Sandilands, Croydon, Surrey, CR0 5DB

Held under UKA Rules. UKA Licence applied for

Striders of Croydon are pleased to present the Croydon Half Marathon. The undulating, accurately measured course is perfect for those new to half marathon running or those looking for a race to incorporate into their spring marathon training plan. There is a medal and finish line goodies on offer to all finishers plus prizes for leading runners. Charitable donations from the race will be made to Sandilands Clubs and other local charities.

****Medal to all finishers****

Prizes/trophies for: 1st, 2nd, 3rd Males, First Male Senior, Vet Categories 1-7, First Male Team (of 3)
1st, 2nd, 3rd Ladies, First Lady Senior, Vet Categories 1-7, First Lady Team (of 3)
Prize giving and presentations approx 45 minutes after first runner home

Race Start: 09.15 am

ENTRY FEE: Main race £20.00 attached £22.00 unattached £25 on the day

ENTRY LIMIT: 1000

Closing date for postal entries is 25th March 2019 but entries accepted on the day subject to availability

PLEASE ENCLOSE: SAE **CHEQUES:** Payable to 'Striders of Croydon'

ENTRIES: Croydon Half, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

MORE RACE INFORMATION AND LINKS TO ONLINE ENTRY AT

www.nice-work.org.uk

Please enter me for the Wings Croydon Half Marathon []

SURNAME _____ **FORENAME** _____ **DATE OF BIRTH** _____

AGE ON 31/3/2019 _____

Sex: Male/Female (delete as applicable)

ADDRESS _____

_____ **Post Code** _____

TELEPHONE NO _____ **EMAIL ADDRESS** _____

RUNNING CLUB _____ **Affiliated Yes/No.** _____ **Estimated Time** _____

I declare I will be over 17 years of age on 31/03/19 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**.....

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 []

