The Lydd 20 Mile Race

Generously sponsored by Brett incorporating the

11th Lydd Half Marathon

Sunday 11th March 2018 10.00am

Organised in conjunction with the Mayor of Lydd to raise funds for local good causes
Held under UK Athletics Rules. UKA Licence applied for
Course records: Tom Millard 1:53:09 Jill Cliff 2.18.52

These races are ideal for those training for London, Brighton or other Spring marathons. The course is fast and flat on wide country lanes – so most definitely pb potential! Both races start at the same time.

***** High quality medal to all finishers *** Chip timing *****
***** Pre-order your souvenir technical running shirt *****
****£100 for 1st Man and 1st Lady finisher in both Half Marathon and 20 Mile races****
Plus prizes and trophies 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)

Venue: Banks Sports & Social Club, Dennes Lane, Lydd, Romney Marsh, Kent TN29 9JZ

ENTRY FEES (for either race) £20.00 Affiliated £22.00 Unaffiliated £25.00 on the day
£3.00 Children's Dash

ENTRY LIMIT: 1000. Postal closing date is 7th March but entries accepted after this date online and on the day subject to availability

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

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

Online entry details available on www.nice-work.org.uk
Enquiries/more information: 01797 229955

Please complete the below form in BLOCK CAPITALS
Please enter me for the Lydd 20[ ] Lydd Half Marathon [ ] Children's Race [ ]
Please reserve me a souvenir technical shirt in the following size S M L XL for £6.

SURNAME_____ **FORENAME**_____ **DATE OF BIRTH**_____

AGE ON 11/03/2018_____ **Sex: Male/Female (delete as applicable)** **Estimated Time**_____

ADDRESS_____

_____

_____

_____**Post Code**_____

TELEPHONE NO_____ **EMAIL ADDRESS**_____

RUNNING CLUB _____
ARE YOU A MEMBER OF A UK ATHLETICS REGISTERED CLUB? Yes/No (delete as applicable)

I declare I will be over 17 years of age on 11/03/18 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 Marshall's and organiser's instructions. If under the age of 18, this entry form should be signed by a parent or 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 [ ].