



The 2019 Martello Half Marathon

Sunday 30th June 2019 - 9.30 am

Held under UK Athletic Rules. UK Licence applied for.

Join us for the return of this half marathon using the undulating paths and trails in and around the South Downs. The event is open to runners of all abilities, from novices to experienced athletes and there will be medals on offer to all finishers. The race is organised by Martello Rotary Club of Seaford to raise money for the British Heart Foundation and other Rotary charities.

**** Bespoke Medal to all finishers ** New for 2019 - Chip Timing! ****

Race HQ: The Salts Recreation Ground, Richmond Road, Seaford, BN25 1DR

ENTRY FEE: £21.00 affiliated £23.00 unaffiliated £25 on the day

Postal closing date is 25th June but entries on the day subject to availability

PLEASE ENCLOSE: SAE. CHEQUES: Payable to 'Seaford Martello Rotary Club'

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

Enquiries/more information: 01797 229955

ENTER ONLINE PLEASE VISIT www.nice-work.org.uk

For Further Information see www.martello-halfmarathon.org.uk

Please enter me for the Martello Half Marathon []
Please complete the below form in **BLOCK CAPITALS**.

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 30/06/2019 _____ Sex: Male/Female (delete as applicable)

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 for the half marathon on 30/06/19 and I agree that the organizers 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 18 years of age, entry form 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 []