



The Clacton Half Marathon

(Incorporating the Clacton 10k & Clacton Carnival Golden Mile Fun Run)
Sunday 20th August 2017 at 10.30 am

Clacton 10k Start 10.30 am; Golden Mile 12.30 pm
Organised on behalf of the Clacton Carnival Association
Held under UK Athletic Rules. UKA Licence applied for.

The Clacton Half Marathon & 10k returns to Clacton and held as part of Clacton Carnival, the Half Marathon is a seafront out and back course between Clacton and Walton and is ideally suited to runners of all standards. The 10k course should also be fast, but would suit runners of all standards including beginners. Medal to all finishers. Golden Mile race is ideally suited to youngsters, families and those new to running.

Prizes for race and age category winners plus team prizes

Race HQ: Gainsford Avenue Sports Ground, Fourth Avenue, Clacton-on-Sea, Essex CO15 5BL

Toilets and refreshments

ENTRY FEE: Half Marathon £16.00 affiliated £18.00 unaffiliated £2.00 extra on the day
10k £14.00 affiliated £16.00 unaffiliated £2.00 extra on the day
Golden Mile £5 Adult & £3 Child

ENTRY LIMIT: 500 for each race. Postal closing date August 15th 2017 but entries accepted online and on the day subject to availability

CHEQUES: Payable to 'Clacton Carnival Association' MORE INFORMATION: 01797 229955 or 07541 172739

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

FOR ONLINE ENTRY DETAILS, PLEASE VISIT www.nice-work.org.uk

Please enter me for: Clacton Half Marathon [] 10k [] Golden Mile []

PLEASE COMPLETE THE BELOW FORM IN BLOCK CAPITALS

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON RACE DAY _____ Sex: Male/Female (delete as applicable)

ADDRESS _____

_____ Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB/TEAM NAME _____ Affiliated Yes/No.

I declare I will be 15 years of age or over for the 10k race and 17 for the Half Marathon. 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..

SIGNATUREDATE

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 [] .