



Mid Sussex Half Marathon Weekend

A Three Race Series

Mid Sussex East Grinstead	5 Mile	Saturday 23 rd May 2020
Mid Sussex Haywards Heath	5 Mile	Sunday 24 th May 2020
Mid Sussex Burgess Hill	5K	Monday 25 th May 2020

Run them individually or take part in all three & complete 13.1 miles
Special commemorative medal awarded to those completing the half marathon

ALSO

The Mid Sussex Fun Run	An untimed race for all the family.
The Mid Sussex Mile	A chip timed 1 mile race for both junior runners and adults.

Fun Run 9.30am Mile 10.00am Main Race 10.30am

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

Join us for this brand-new addition to the popular Mid Sussex Marathon Weekend in 2020! The marathon weekend returns for a ninth time in 2020 with the addition of a Half Marathon option. Using undulating roads, trails and pathways in and around Mid Sussex, the races are run over mainly traffic free routes. Would suit runners of all standards including those new to 5 mile races and those looking to take part in their first race.

Prizes/trophies for: 1st, 2nd, 3rd Male and Female runners.

VENUES:

Saturday:	East Grinstead Rugby Club, St Hill Road, East Grinstead, West Sussex, RH19 4JU
Sunday:	Victoria Park, Haywards Heath, West Sussex RH16 4LU
Monday:	Burgess Hill Academy, Station Road, Burgess Hill, West Sussex RH15 9EA

Toilets and refreshments available. Attractions and entertainment on the day

ENTRY FEE: 5 Mile races	£15.00 attached	£17.00 unattached	£20.00 on the day
5K race	£12.00 attached	£14.00 unattached	£15.00 on the day
Entry for all three races	£36.00 attached	£42.00 unattached	£50.00 on the day
Mid Sussex Fun Run	£5.00		
Mid Sussex Mile Race	£5.00 Parkrunner	£7.00 standard entry	
Entry for all Mile Races	£13.00 Parkrunner	£20.00 standard entry	

ENTRY LIMIT: 750 Closing date for postal entries 20th May but entries accepted on day subject to availability

CHEQUES: Payable to 'Places for People Leisure LTD' MORE INFORMATION: 01797 229955

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

ENTER ONLINE: Please visit www.midsussexmarathonweekend.co.uk for links to online entry facilities.

Postal entry form overleaf

We're supporting





Mid Sussex Half Marathon Weekend

Saturday, Sunday and Monday 23rd May – 25th May 2020

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ENTER ONLINE Please visit www.midsussexmarathonweekend.co.uk for links to online entry facilities.

Please enter me for: **Mid Sussex East Grinstead 5 Mile** [] **Mid Sussex Haywards Heath 5 Mile** []
Mid Sussex Burgess Hill 5K [] **All three events** []

Mid Sussex Fun Run at _____

Mid Sussex Mile Race at _____ **All Mile Races** []

If entering all three Half Marathon races please state your t-shirt size: Small [] Medium [] Large [] XLarge []

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

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

ADDRESS FOR RACE INSTRUCTIONS/NUMBERS _____

_____ **Post Code** _____

TELEPHONE NO _____ **EMAIL ADDRESS** _____

RUNNING CLUB _____ **Affiliated Yes/No.** **Parkrun ID Number A** _____

I declare I will be over 15 years of age to enter the 5 mile races 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.

Are you running to help raise funds for a charity, community group or good cause? Yes [] No [] If yes, which good cause are you supporting?

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 []

You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category.

For more information, please contact the Mid Sussex Marathon Weekend Office on 01797 229955.

Alternatively, please visit the race website: www.midsussexmarathonweekend.co.uk, or email info@nice-work.org.uk

