

Mid Sussex Marathon Weekend

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

A three-race series. All races start at 10.30 am

Mid Sussex East Grinstead 10 Mile Saturday 23rd May 2020

Mid Sussex Haywards Heath 10 Mile Sunday 24th May 2020

Mid Sussex Burgess Hill 10K Monday 25th May 2020

Run them individually – or take part in all three, run 26.2 miles and receive a specially designed Commemorative Mid Sussex Marathon Weekend Medal.

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.

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

After another successful year in 2019, when over 1600 runners took part over the three days, the marathon weekend returns for a ninth time in 2020. 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 10 mile races. Overall series prizes for those completing all 26.2 miles over the three races.

Prizes/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)

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:	10 Mile races	£20.00 attached	£22.00 unattached	£25.00 on the day
	10K race	£16.00 attached	£18.00 unattached	£20.00 on the day
	Entry for all three races	£50.00 attached	£56.00 unattached	
	Mid Sussex Fun Run	£4.00		
	Mid Sussex Mile Race	£4.00 Parkrunner	£6.00 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, Peasmarsch, East Sussex TN31 6TA
Please enclose large sae

ENTER ONLINE AT Please visit www.nice-work.org.uk for links to online entry facilities.

Medals to all finishers - plus plenty of goodies at the finish!!

Race website www.midsussexmarathonweekend.co.uk

Postal entry form overleaf



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Please enter me for: **Mid Sussex East Grinstead 10 Mile** [] **Mid Sussex Haywards Heath 10 Mile** []
Mid Sussex Burgess Hill 10K [] **All three events** []

Mid Sussex Fun Run at _____
Mid Sussex Mile Race at _____

If entering all three 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.

I declare I will be over 16 years of age to enter the 10 mile races and 15 to enter the 10k 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 []

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; or visit www.nice-work.org.uk

