

Mid Sussex Marathon Weekend

Saturday, Sunday and Monday May 4th – 6th May 2019

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

Mid Sussex East Grinstead 10 Mile – Saturday May 4th 2019

Mid Sussex Haywards Heath 10 Mile – Sunday May 5th 2019

Mid Sussex Burgess Hill 10K – Monday May 6th 2019

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 Mile – a chip timed 1 Mile race for both junior runners and adults.

The Mid Sussex Fun Run – An event for all ages and abilities. No pressure, just run for fun.

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

After another successful year in 2018, when nearly 1200 runners took part in the three days when the event was staged in glorious weather conditions and proved equally popular. The weekend returns for an eighth time in 2019. Using undulating roads, trails and pathways in and around Mid Sussex, the races are run on mainly traffic free routes and 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: The Burgess Hill Academy, Station Road, Burgess Hill, West Sussex RH15 9EA

Toilets and refreshments available. Attractions and entertainment on the days.

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 Mile Races Parkrunner £4.00 Standard entry £6.00
Mid Sussex Fun Runs £4.00

ENTRY LIMIT: 750. Closing date for postal entries May 1st 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 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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Entry for all three races £50.00 £56.00 unattached
Mid Sussex Mile Races Parkrunner - £4.00 Standard entry - £6.00
Mid Sussex Fun Runs £4.00

ENTRY LIMIT: 500. Closing date for postal entries May 1st but entries accepted on day subject to availability

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ENTRIES: Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA
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ENTER ONLINE AT Please visit www.nice-work.org.uk for links to online entry facilities.

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

Mid Sussex Mile Race at _____

Mid Sussex Fun Run at _____

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

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 04/05/2019 _____ 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 other races that we think you'd enjoy but we need your permission to do this. We take your privacy seriously and we will never share your information with anyone other than the race operators in order to ensure your safety and wellbeing, or, where we are required to do so by law. To make sure you don't miss out, tick this box so we can stay in contact with you [].

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

