



NP&S LIONS CLUB HALF MARATHON Sunday 3rd 2012
POSTAL ENTRY FORM

Closing Date for Postal Entries, 20 May 2012 However on line entries can be made up to 31 May 2011 . Race numbers will be issued in April 2012

Please enter the following for the Lions Seaford Half Marathon. All entrants have read and agree to abide by the rules and conditions of the event. They agree to observe the country code at all times. All entrants are in good health and have no medical condition that may cause concern or inconvenience to others. They understand that participation is at their own risk and no liability is accepted by the organisers for injury, damage or loss of effects sustained by entrants before, during or after the event. Information will be stored and only used to inform entrants of future NP&S Half Marathons

LEAD NAME
ADDRESS

Telephone:

Email address

(we will reply by email if given unless SAE provided)

I accept the rules of the event. I enclose my/our entry fee £11 per person enclosed.
(Cheques payable to NP&S LIONS CLUB please)

Signed

IF A POSTAL ACKNOWLEDGMENT IS REQUIRED PLEASE ENCLOSE A STAMPED SELF
ADDRESSED A5 ENVELOPE

Send to NPSLions Half Marathon 29 Cornfield Road Seaford East Sussex BN25 1SP

NPS LIONS 2011 HALF MARATHON

DETAILS and CONDITIONS

The NPS Lions Club invites you to take part in the Seaford Half Marathon. The route around Seaford takes in some of the spectacular views over the Weald from the South Downs as well as the beautiful Downland village of Alfriston and the Cuckmere Valley.

Date – Sunday 3 June 2012

Venue – The Rugby Club, Salts Recreation Ground, Seaford Grid Reference 478991 OS Explorer 123 (This map covers the whole route)

Entry – The event is open to all runners, joggers and walkers and will take place whatever the weather conditions. To comply with AAA rules all runners must be 18 years of age. Persons under 18 cannot enter only as a walker and as part of a group entry with an adult or guardian, who as group leader, accepts full responsibility during the event at all times.

Entry Fee – This is not refundable once paid
£11 per person by post before 18 May 2012 (postal entries closing date)
£10 on line before 31 May 2012 (on line entries closing date)

Cheques payable to NP&S Lions Club please

Acknowledgement - These will be sent out by post if an SAE is provided or email if email address provided. On-line entries should receive acknowledgements from us within 48 hours.

Starting Time- There will be a mass start at 09.00. The participants will be arranged in groups, runners in front, joggers then walkers.

Registration - You must register and collect your race number at the Rugby Club on the morning of the event.

Finishing Time – All entrants must report to the final checkpoint by 15.30
All finishers will receive a medal. However race timing will cease after 3 hours

Presentation - There will be a presentation of trophies at the Rugby club at 11.30 a.m. (approx). Individual men/ladies for each age group.

Route – The route (about 95% is off roads) will be marked and a route description will be sent out with your acknowledged entry.

Facilities – There will be limited changing facilities and showers at Seaford Rugby Club.

Refreshments – There will be drinks and biscuits along the route, and at the finish. Refreshments will be on sale at the Rugby Club for friends, supporters and participants. The bar will also be open.

Clothing – No special clothing is required, but be aware that the weather can change quite suddenly up on the Downs and along the coast. Care should therefore be taken to ensure that you have the right equipment.

Retirements – If you need to retire please do so at a marshalled point and transport will be provided back to the start.

First Aid – St John Ambulance will be in attendance throughout the day.

Dogs – These must be kept under strict control at all times.

Sponsor Forms – If you wish to do this as a sponsored event please ask for a form. Money may be raised for any charity of your choice. If you do not have a charity perhaps you would consider raising money for the Lions Charity or Leo House Hospice Appeal, a new hospice in Brighton to provide respite care for terminally ill children.

Winners Time

2003 - 1st Man - Benedict O’Leary	1:27:45	1 st Lady - Gill Weaver	1:39 18
2004 - Geoff Gray	1:27:19	Natasha Swan	1:47:54
2005 - Geoff Gray	1:24:24	Gill Wheeler	1:34:05
2006 Julien Jenkinson	1:23:33*	Christine Howard	1:28:59
2007 Mats Gedin	1:27:00	Natasha Swan	1.43.55
2008 Geoff Gray	1.24.45	Jo Hesketh	1.42.33
2009 Mats Gedin	1.26.26	Katy Moore	1.28.22*
2010 Darryl Hards	1.24.39	Nicola Williams	1.32.27
2011 Vanaka Graham	1.29.32	Susannah Evans	1.35.04

* Course Record

COUNTRY CODE

Guard against all risks of fire;

Fasten all gates;

Keep to public paths;

Take your litter home;

Safeguard water supplies;

Protect wild-life plants and trees;

Enjoy the countryside and enjoy its life and work.

Use gates and stiles to cross fences, hedges and walls;

Leave all livestock, machinery and crops alone;

Please walk in single file on field paths where crops are growing.

NPS LIONS HALF MARATHON ROUTE MAP

