



The 9th Tonbridge Half Marathon



Sunday 6th October 2019 at 10.00 am



Held under UK Athletics Rules. UKA Licence applied for
BARR Gold Graded Event

Race managed under licence by Nice Work on behalf of
Tonbridge Half Marathon CIO



A popular part of the Kent sporting calendar, the Tonbridge Half Marathon returns for a 9th time in 2019. Following a challenging, accurately measured course to the south of Tonbridge and through the delightful village of Leigh, the race aims to raise funds for Kent Surrey & Sussex Air Ambulance and West Kent



Mind together with other Rotary and Lions charities.

The race attracts a large entry with over 900 finishers in 2018.



**** Chip timing ** Bespoke medal and goodie bag to all finishers ****

**** Souvenir technical t-shirt available to purchase for £8.00 ****



Prizes/trophies for leading runners and age group winners

Prize giving and presentations approx 60 minutes after first runner home

Race HQ: The Judd School, Brook Street, Tonbridge, Kent, TN9 2PW

Please note that, due to the event taking place on some open roads, under UKA Rules headphones are not permitted at this event.

ENTRY FEE: £22.00 attached £24.00 unattached £25 on the day
ENTRY LIMIT: 1,600 **CLOSING DATE:** for postal entries October 1st 2019

Entries available on the day subject to limit not being reached.

PLEASE ENCLOSE: large SAE. **CHEQUES:** Payable to Nice Work

POSTAL ENTRIES TO:

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

Enquiries/more information: 01797 229955

ENTER ONLINE - VISIT www.nice-work.org.uk FOR LINKS

Tonbridge Half Marathon. Please complete and return along with your cheque and a large sae.

Please reserve me a Souvenir Technical Running Shirt at £8.00 - circle size: XS S M L XL XXL

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 06/10/2019 _____

SEX: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

MOBILE NO. _____ EMAIL ADDRESS _____

RUNNING CLUB _____ Affiliated Yes/No Estimated Time _____

I declare I will be over 17 years of age on 6/10/19 if I am taking part in the half marathon and 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 Marshall's and organiser's instructions. If under 18 years of age, entry form should be signed by a parent/guardian. Full terms and conditions are available at www.tonbridgehalfmarathon.co.uk.

SIGNATURE DATE