



18th Folkestone Rotary Half Marathon

Sunday September 24th 2023 at 10:00am

Plus Children's Race at 9:30 (before the main start)

Held under UK Athletics Rules. UKA Licence applied for

13.1 miles, from Folkestone to Hythe & back, mainly flat promenade & mainly traffic free. Race organised by Folkestone Rotary Club (Charity no: 266883) in support of local and international charities. Participants are encouraged to run for their chosen charity. No headphones permitted other than bone conductor ones.

***** Medal to all finishers *** *** Spot prizes *** *** Chip timing *****

***** Souvenir Tech Shirt available to purchase *****

***** Changing Facilities *** *** Refreshments *** *** Massage *** *** Shop *****

Prizes/trophies for winners. Medal to every finisher plus spot prizes

Prizes: £100 for 1st Male and 1st Female finisher (sponsored by Ray Johnson – Race Director)

2nd & 3rd Males; 1st in Male Vet Categories 1-7; 1st Under 18;

1st Male Corporate Team (of 3)

2nd & 3rd Females, 1st in Female Vet Categories 1-7; 1st Under 18;

1st Female Corporate Team (of 3)

Venue: The Leas, near The Grand, Folkestone, Kent CT20 2XL

ENTRY FEE: £22.00 Attached £24.00 Unattached £26.00 after 17th September and on the day.

Children's Race £3.00

Race numbers will be sent around two weeks before race day. Entries after September 19th to be collected on the day.

ENTRY LIMIT: 1,000.

CLOSING DATE: for postal entries September 19th 2023

CHEQUES: Payable to 'Folkestone Rotary Club'

POSTAL ENTRIES TO: Race Director, Nice Work, Office 3, Rye Wharf, Harbour Road, Rye, East Sussex, TN31 7TE

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

Enquiries/more information: 01797 229955 Race website www.folkestonerotary.org

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

Please complete the below form in BLOCK CAPITALS

Please enter me for the Half Marathon [] Children's Race []

I would like to pre-order a souvenir t-shirt for £15 in size S M L XL

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

AGE ON 24/09/2023 _____ **Sex:** Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ **EMAIL ADDRESS** _____

RUNNING CLUB/CORPORATE TEAM _____ **Affiliated Yes/No.**

IF YOU ARE RAISING MONEY FOR CHARITY, HOW MUCH DO YOU EXPECT TO RAISE AND FOR WHOM?

£ _____ **NAME OF CHARITY:** _____

I declare I will be over 17 years of age for the half marathon on 24/09/23 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. An entrant shall be deemed to have made him/herself/their self, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the 24/09/23, whether or not the licence holder is a citizen of, or resident in, the UK.

SIGNATURE.....**DATE**.....

www.folkestonerotary.org

We would like to send you information about future Folkestone Rotary Half Marathon races but require your consent to do so. If you do wish to receive future information about the Folkestone Rotary Half Marathon please tick here