

THE LAYER CAKE TRAIL MARATHON

Narrative Trail Run: Sunday 22nd September 2019

Start Times: 9.00am – 10.00am (marathon) / 9.00am – 11.00am (half marathon)

Start / Finish: Thurstable Sports Centre, Maypole Road, Tiptree. CO5 0EW

Distances: 26.2 and 13.1 miles

Open to runners and walkers, but please note that the Sports Centre closes at 4.00pm.

This is a 90% off road narrative trail event, you are required to carry sufficient food and drink for your own needs.

Written instructions will be given to you on the morning of the event, these instructions will navigate you to the first checkpoint; follow on instructions will be issued at each checkpoint.

To secure your place, please complete this form and email to: treasurer@tiptreeroadrunners.com

Payment details will be forwarded on receipt.

NAME		AGE on RACE DAY	
ADDRESS		GENDER	
		DISTANCE FULL / HALF / PAIR	
MOBILE No		<i>You will need to carry your mobile phone with you</i>	
EMAIL		<i>Entries will be confirmed by email</i>	
TRA / UKA No		TRA / UKA CLUB	
PAYMENT METHOD		<i>Cheque or BACS Payment</i>	

ENTRY FEE PER RUNNER: £10.00 affiliated, £12.00 unaffiliated

PAIRS: If you intend to run as a pair, two forms need to be submitted

PAYMENT: Cheque or BACS (appropriate details will be provided on receipt of entry form)

This event is organised by Tiptree Road Runners and will be held under permit TRA (number to be confirmed).

I agree and abide by the rules of the event and event's governing body. I understand that I enter the race at my own risk and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to myself, prior to, during or after the event. I understand the organisers reserve the right to alter the arrangements and conditions should circumstances require.

SIGNATURE		DATE	
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Any queries, please contact John McVelia at treasurer@tiptreeroadrunners.com