



# The Hard Way Half

## 1000 am - Sunday 20th May 2018

### SPONSORS – Quick Mix Driveway & Revive Pressure Cleaning

UKA License No – TBA Run under UKA rules

### Half Marathon multi - terrain race

*on the cliff & coastal paths of the Isle of Portland (Measured by GPS)*

**Start and Finish at Portland United FC ground. Grove Rd. DT5 1DP**

#### Prizes:

1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> Senior Male

1<sup>st</sup> - 40+ Men

1<sup>st</sup> - 50+ Men

1<sup>st</sup> - 60+ Men

1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> Senior Female

1<sup>st</sup> - 40+ Female

1<sup>st</sup> - 50+ Female

1<sup>st</sup> - 60+ Female

**Entry fee: Half - £13 UKA affiliated - £15 unaffiliated - Entry on the day + £2**

**Last date for Postal Entries: 16<sup>th</sup> May -** Not suitable for wheelchairs No dogs permitted

**Entries to: Entries Secretary, 11 Parkmead Road, Weymouth, DT4 9AL. Tel: 01305 760218**

**E-mail: [billhicksdt4@talktalk.net](mailto:billhicksdt4@talktalk.net)**

Name \_\_\_\_\_

All numbers to be collected on the day

Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Sex Male / Female

Age on Race Day \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_

Email \_\_\_\_\_

Affiliated Club \_\_\_\_\_

UKA Registration No \_\_\_\_\_

**Please enclose a SAE or e-mail address if you wish to receive race info leaflet. Number is to be collected on the day and info is available on our website [www.rmpac.co.uk](http://www.rmpac.co.uk).**

I accept the UK Athletics rules and declare that I am medically fit and will not hold the organisers responsible for any injuries, loss or damage resulting from my participation in this event.

I enclose cheque to value of £\_\_\_\_ Payable to "Royal Manor of Portland AC"

Signature \_\_\_\_\_

Date \_\_\_\_\_

Data Protection – Personal details may be held on computer for race purposes only

