

Newhaven, Peacehaven & Seaford Lions Club

Visit our website at www.npslions.co.uk



We Serve

Dear Entrant

Thank you for entering the NP&S Lions Club Seaford Half Marathon.

- There is plenty of parking along the seafront and in [Richmond Road](#) car park.
 - The emergency contact number is **07711 502544**. The marshals and all checkpoints will be in mobile phone contact.
 - May I remind you of the entry rules and additional walkers rules are on our web site www.npslions.co.uk
1. Registration is in [The Seaford Rugby Club](#) situated to the south eastern side of Salts Recreation Ground. All entrants must register and collect their race number at registration. Additionally, registration will be open on Saturday 9th May between 12 noon and 2:00pm if you want to register early to save queuing on race day.
Please attend one of these and **bring your registration barcode with you**. Your registration barcode will be emailed to the email address supplied during your application as a PDF attachment. This will be sent about 5 days before the event; or at regular intervals if your application to the event is made after 5th May. Please either print your barcode or keep it on your phone for presentation at registration. If for some reason you experience difficulties with this, then please bring your email confirmation (issued immediately after your entry and payment).

2 Registration will close at 8:40am on race Day. Late arrivals will not be accepted.

Race Numbers must be clearly visible on the front of the entrant. This assists the timekeepers and is essential at the end. *ie: No visible race number, no time!*

1. Runners/Walkers must be prepared for all weather conditions.
2. **The start will be a mass start on the seafront at 9:00am.**
3. The route will be marked and runners/walkers must follow the route and keep to the footpaths.
4. **All competitors under 18 years must be accompanied by an adult.**
5. Runners/Walkers should refrain from simply 'dropping out at any point' on the course. Withdrawals must be at a checkpoint after reporting to the checkpoint marshal.
6. Any walker not at Alfriston by 12 noon will be asked to withdraw.
7. All entrants must be back at The Seaford Rugby Club by 13:30
8. Please respect and follow the Country Code.

May I remind you and your supporters that parking at the Cuckmere Inn is for customers only.

We look forward to seeing you all on the 10th May 2020.

Yours sincerely