

Seaford Half Marathon

Sunday 10 May 2020

Organised with the help of Seaford Striders

A circular route around Seaford and the Downs starting from Marine Parade Seaford. Registration is at the Rugby Club, Salts Recreation Ground, Seaford Grid Reference 478991 OS Explorer 123. (The route stays within the area of this map). Post code for Satnavs: BN25 1DX - park on Seafront.

The route around Seaford will take in some spectacular views over the Weald from the South Downs as well as the beautiful downland village of Alfriston, the Cuckmere Valley and the coast. The route, which is mostly off road, will be marked.

All entries are £19.00 per person.

Refunds will be made if you need to cancel your entry subject to an administration charge of £4.00

No refunds will be made after 1 April 2020.

Age groups are based on age on the date of the race.

All entrants are expected to have completed the course by 13.00 when official timing will end.

Race numbers will be given out at registration on the day between 7:30am - 8:40am and Saturday 9 May 12.00 noon – 2.00pm on production of your registration barcode. 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).

Closing date for applications is Saturday 9 May 2020 @ 10am, entries only via the web site.

We will not be accepting on the day or postal entries.

Mass start at 9am.

Results will be published on our web site and these provisional results will be declared final at 12.00 noon on Wednesday 13 May 2020. Please notify any errors prior to Wednesday.

There will be drinks and biscuits along the route, and at the finish. Water etc will be available at selected points.

There will also be limited changing facilities and showers at the Rugby Club.

Public conveniences are available at the Rugby Club, on Seaford seafront (near the Buckle and at the Martello Tower and in Alfriston village - detour needed ask stewards for direction to car park).

The event is open to all runners and will take place whatever the weather conditions. To comply with AAA rules all runners must be 18 years of age. Under 18s are permitted as walkers where an adult (ie the person who pays the entry fee) accepts responsibility for the young person. Under 16s must be accompanied by an adult.

By entering this event and paying the entry fee you agree to accept full responsibility for your own safety, and that of those whose fees you have paid

No special clothing is required, but be aware that the weather can change quite suddenly up on the Downs and along the coast. Care should therefore be taken to ensure that you have the right equipment.

If you need to retire please do so at a marshalled location if at all possible and transport will be provided back to the start.

First Aid – St John Ambulance will be in attendance throughout the day.

Dogs welcome, but must be kept under strict control at all times.

Please obey the Countryside Code at all times.

Sponsorship – If you wish to do this as a sponsored event please download the sponsor form.

[Sponsorship and Gift Aid declaration form.pdf](#)

Money may be raised for any charity of your choice. If you do not have a charity would you consider raising money for the NPS Lions Charity?

Please note that any information provided for entering the half marathon will be held in accordance to our [privacy policy](#)

For more information Tel 0845 833 5981 or leave a message on our web site.