

# BEACHY HEAD MARATHON 2009

[www.visiteastbourne.com/marathon](http://www.visiteastbourne.com/marathon)



Saturday  
24th October

The maximum entry is 1750. There are three categories: WALKER, JOGGER and RUNNER. We stress these categories are not necessarily what you ARE, but how you intend to use the event on the day. A runner should be capable of finishing within 5 hrs, a jogger in excess of 5 hrs, and a walker 7 - 9 hrs. An indication of your estimated time will give us a chance to accept you fairly on entry, make for a better spread on the route, and cope with you comfortably at the finish.

Each year a number of runners fail to finish within 5hrs, and should have entered as joggers. Please do not overestimate your capabilities - and waste potential runners' places.

## **DETAILS AND RULES** - PLEASE RETAIN AND REFER TO BEFORE THE DAY. They are important!

**DATE** - Saturday 24th October 2009.

**VENUE** - St. Bede's School, Eastbourne. Situated at the far western end of the seafront at the foot of the Downs. Grid Ref. 601972. OS Sheets Landranger 199 and Explorer 123.

**ENTRY** - Numbers limited. No entries on the day. Anyone under 18 years of age must be accompanied by an adult (18 plus) throughout the route.

**ENTRY FEE** - £20.00 (not refundable once accepted) includes commemorative medal. Cheques payable to **Eastbourne Borough Council**. No cash or Postal Orders. Please **do not** staple your cheque to the entry form.

**FINAL DETAILS** - and your event number will be sent to you from July onwards. No other acknowledgement will be sent.

**Please enclose a 6x8" SAE.**

**START** - There will be a mass start at 0900 hrs outside the school, at the beginning of the South Downs Way. We do not encourage an early start by walkers as they can block the way for runners coming through after 0900 hrs.

**FINISH** - The event will close at 1800 hrs.

**COURSE** - This will be marked and marshalled, and will follow a high level scenic route west of Eastbourne over open downland, forest and coastal footpaths. (See sketch map.)

**SAFETY** - All participants are responsible for their own safety at all times, especially when crossing any roads. All signs and directions must be followed, police and marshalls' instructions obeyed and the route strictly adhered to.

**CLOTHING** - Conditions could be bad, especially on the high ground and along the coast, therefore care should be taken in choosing what to wear.

**REFRESHMENTS** - will be provided en route plus hot food and drinks at the finish.

**RETIREMENTS** - Except in an emergency retirements should be only at a checkpoint. Transport will be provided back to the finish when available.

**RESULTS** - of finishers may be obtained by e-mail from [nicola@williams2001.ndo.co.uk](mailto:nicola@williams2001.ndo.co.uk) or on receipt of an SAE, marked 'BHM Results'.

**FACILITIES** - At St Bede's School: changing rooms, showers and toilets for participants only. Space and hot water limited! There is also a swimming pool.

**MARSHALLING** - The Event Coordinator welcomes any offers of assistance.

### **JUNIOR 2K AND 3K**

These take place while the main event is on the course. Bring the kids and make it a family day.

**ACCOMMODATION** - Assistance can be obtained from the Tourist Information Centre, Cornfield Road, Eastbourne. Telephone: (01323) 647130. E-mail: [liz.attwell@eastbourne.gov.uk](mailto:liz.attwell@eastbourne.gov.uk) or visit the website: [www.visiteastbourne.com](http://www.visiteastbourne.com)

**PARKING** - There is plenty of parking space on and off the seafront very close to St Bede's. Please park considerately.

**SPECTATORS** - Family and friends are welcome but we do not encourage cars to the Downland villages. Please watch the Start and Finish.

**MERCHANDISE** - Sweatshirts, T-Shirts and caps will be available to purchase from 0800 hrs and throughout the day while stock lasts.

**FIRST AID** - Cover will be provided throughout the day.

**SPONSORSHIP** - Eastbourne Borough Council have no objections to the event being used by participants to raise money for causes of their own choice.

### **FURTHER ENQUIRIES**

Nicola Williams, Event Coordinator BHM, PO Box 2608, Eastbourne, E. Sussex, BN20 8DZ. E-mail: [nicola@williams2001.ndo.co.uk](mailto:nicola@williams2001.ndo.co.uk)

# ENTRY FORM (This entry form does not guarantee a place)

(BLOCK  
CAPITALS  
PLEASE)



SURNAME..... FORENAME..... M / F Age .....

ADDRESS.....

.....POSTCODE.....

CLUB/GROUP or N/A.....ENTRY CATEGORY (R,J,W) .....

**Entry Category:**

- Runner = less than 5 hours
- Jogger = in excess of 5 hours
- Walker = in excess of 7 hours

I/we to abide by the rules of the event and to accept that I/we are responsible for my/our own safety at all times. I/we understand that the organiser, Eastbourne Borough Council and Sussex Police cannot be held responsible for any injury or loss of effect sustained by me/us during or after the event. I/we further promise to keep strictly to the route and to observe and respect the country code.

SIGNED.....

Home telephone no. .... E-mail .....

(Please print clearly)

Emergency contact telephone no. .... (Please give the number of someone we can contact if you have an accident)

Please make cheques (£20.00) payable to **EASTBOURNE BOROUGH COUNCIL** and send 1st class **with your 6"x 8" SAE** to: Beachy Head Marathon, PO Box 2608, Eastbourne, E. Sussex BN20 8DZ.

**ADDITIONAL ENTRIES (Please Print Clearly)**

Surname.....Forename.....M / F Age ..... Entry Category (R,J,W) .....

Address.....Emergency Contact No.....

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Address.....Emergency Contact No.....

Surname.....Forename.....M / F Age ..... Entry Category (R,J,W) .....

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# BEACHY HEAD MARATHON

ROUTE SKETCH MAP - SEE OS LANDRANGER SHEET 199, Eastbourne, Hastings and Surrounding Area or OS EXPLORER SHEET 123, Eastbourne and Beachy Head

