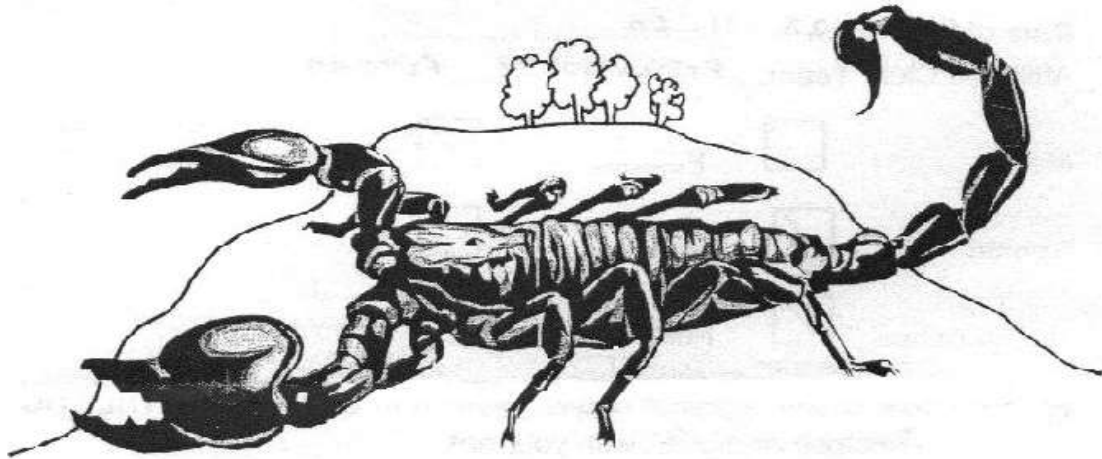


STEYNING A.C. PRESENTS  
THE 18TH

# STEYNING STINGER



**FULL MARATHON (approx) & HALF MARATHON (approx)  
SUNDAY 3rd MARCH 2019**

**A PERSONAL CHALLENGE FOR RUNNERS, JOGGERS AND WALKERS  
Held under UK Athletics rules**

**TRA Permit No. 2258(pending)**

Both events are challenging, multi-terrain courses across the South Downs near Steyning. For more route & event information go to our website at [www.steyningac.co.uk](http://www.steyningac.co.uk).

**Date** Sunday 3rd March 2019

**Race HQ** Steyning Grammar School Octagonal Building, BN44 3RX

**The Start will open at 7:30am.** The event operates as a rolling start so you may start when ready but please adhere to the start time restrictions below. These restrictions are in place to ensure that course preparations are complete before runners reach each section and that event marshals are not out on exposed sections of the course for extended periods.

- All Full Marathon Walkers, Half Marathon Walkers and 5 hour+ Full Marathon Runners should start between 7.30 - 8.00am
- All Sub 5 hour Full marathon Runners and 3 hour+ Half Marathon Runners should start between 8.00 - 8.30am
- All other Half Marathon Runners should start between 8.30 - 9.00am.

Please can all entrants stick to these start time bands as we do not want to revert to fixed starting times. Faster runners must not start in earlier time bands as the course may not be ready. Slower entrants should start as early as possible within their time band. Please note the cut-off times below for the Full Marathon.

**Cut off times will apply** to full marathon competitors who will be asked to miss out parts of the course if they arrive late.

Checkpoint 3 at 11 miles	by 11.10am
Checkpoint 4 at 13.2 miles	by 11.35am
Checkpoint 6 at 18 miles	by 12.30pm

The event is run under UKA rules and the wearing of headphones or similar devices is not permitted on the short sections of the course that are on, or cross, public roads. These are clearly marked on the course route map [www.steyningac.co.uk/stinger-2017/stinger-course](http://www.steyningac.co.uk/stinger-2017/stinger-course). **Runners who choose to ignore this may be disqualified.**

It is also requested that all headphones be removed when approaching marshal points so that any instructions are clearly heard.

## NO ENTRIES ON THE DAY

**Entry** Persons **over 18 years old only**  
Runners with disabilities should contact the Race Secretary to ensure suitability for these events.  
The event is held under UKA rules and running with dogs is not permitted

**Closing Date** **Friday 15th February 2019 or earlier if limit reached**

**Online entries** Available via [steyningstinger2019.eventbrite.com](http://steyningstinger2019.eventbrite.com)  
Note: Fees for online entries and postal entries are identical.

<b>Entry fees</b>	UKA/TRA Affiliated Club Members	HALF <b>£30</b>	FULL <b>£30</b>
	Others (Refunds will not be given for non-attendance)	<b>£32</b>	<b>£32</b>

**Registration** Once accepted into the event you will receive registration and parking instructions via the email address supplied (Please ensure your email address is legible and current). You will be issued with your race number at Race HQ on race day.

If you would prefer to receive the instructions by post a **Stamped Addressed Envelope must be included with your entry.**

Entries will be processed as quickly as possible so please be patient.

If you have any queries then please contact us at [steyningstinger@gmail.com](mailto:steyningstinger@gmail.com) before entering.



# STEYNING STINGER ENTRY FORM 2019

Please write clearly when completing the entry form

Closing Date **Friday 15th February 2019 or earlier if limit reached**  
**(Please check the race website before sending your entry)**  
**No entries will be accepted on the day**

Full Name .....  
Address .....  
.....  
Post Code .....  
Telephone ..... Mobile No .....  
Email .....  
Date of Birth (you must be over 18 years old on March 3rd 2019) .....

**UKA or TRA Affiliated Club/ Membership Number** .....

**Do you have any medical conditions that we should know about?** .....  
If you answer yes then you must provide details in the box below. Please use the back of the entry form if more space is required.

Please provide a name and contact number in case of an emergency  
Contact Name ..... Telephone/Mobile .....  
Will they be at the event? .....

Male  Runner  HALF Marathon   
Female  Walker  FULL marathon

Please make cheques payable to **STEYNING ATHLETIC CLUB**. Enclose a Stamped Addressed Envelope with your entry if you would prefer to receive the registration instructions by post and send to:

**Stinger Entry**  
**Steyning Athletic Club**  
**Charlton Street**  
**Steyning** email [steyningstinger@gmail.com](mailto:steyningstinger@gmail.com)  
**West Sussex**  
**BN44 3LE**

I understand that I compete at my own risk, and confirm that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation. You agree that we may publish your Personal Information as part of the results of the Event and may pass such information on to any governing body or any affiliated organisation for the purposes of insurance, licences, or for publishing results of the event alone or combined with or compared to other events. Results may include (but are not limited to) name, any club/home country/regional/county affiliation, results, age category. You also agree that in the event of a disciplinary or welfare incident that you are either involved in or witness, we may pass on your personal details to England Athletics or any other relevant Authorities for the purposes of supporting any investigatory activity into that incident.

Signed ..... Date .....