



## **BEWL WATER MARATHON / HALF** **(HELD UNDER UKA RULES)** **SATURDAY 5TH MAY 2012**

- Venue:** Visitor Centre, Bewl Water, Bewlbridge Lane, Lamberhurst, Kent TN3 8JH
- Course:** Marathon – 26.2 miles comprising of 2 very scenic laps along the “around reservoir route”, mostly off-road, undulating terrain with small sections along quiet country roads.  
Half marathon - 13.1 miles will be 1 lap of the same course.
- Start:** Marathon **10.00 am sharp.**  
Half marathon **9.00 am sharp** (both no early starts).
- Registration:** From 8:00am onwards at the Visitor Centre, followed by pre-race briefing 10 mins before half / full. Route map / description will be issued at registration. The course will also be fully marshalled and way marked with small coloured flags.
- Limits:** 500 entrants (Max).
- Entry Fee:** £30 (Marathon).  
£20 (Half marathon)
- Facilities:** Male & Female changing facilities, toilets and secure baggage storage area (no showers).
- Awards:** Medals to all participants and full results listings.  
Technical T-shirts to all marathon runners, Mementos to Half Marathon runners.  
Prizes awarded to 1st, 2nd, 3rd Male / Female (Vouchers for Sports Goods at “Run to Live” - Surrey)
- Equipment:** Suitable clothing and footwear, trail shoes not necessary though trail can be quite muddy on stretches.
- Parking:** Extensive allocated parking just behind the main Visitor Centre this will be discounted to all athletes / families accompanying athletes for £2-50 (all day parking).
- Restrictions:** 6 hour limit marathon only.
- Refreshments:** Hot food on offer at the Restaurant (Chilli & Rice or selection of filled Jacket Potatoes) for £6.95.  
Tea / Coffee or Soft drinks can also be purchased prior to the start, and at the finish.
- Race drinks:** Water and squash, jelly babies, crisps and bananas will be on offer at the aid stations.  
There will be at least 3 aid stations en route (including one at the start / finish) for the half, and 6 aid stations for the marathon.
- Medical:** Due to the fact that this is an endurance event, we would strongly recommend ensuring that you are adequately nourished both prior to and during the race. There will be first aiders on hand in case of any Medical emergencies, but it is your responsibility to insure that if you are feeling unwell that you report to a Marshall (at a Checkpoint) so that arrangements can be made to get you back to the start safely and that we can account for you. Emergency numbers will also be made available to you at registration, prior to the start.
- Enquiries:** For further information, contact: David Ross via email to: [info@hermesrunning.com](mailto:info@hermesrunning.com) or by mobile on 0798 4540177 or Melanie Ross on 0778 8411912.

## ***BEWL WATER ENTRY FORM***

Name ..... Male/Female .....

Address .....

.....

Postcode ..... Date of Birth ..... Age (on day) .....

EA Affiliated club..... TRA/EA Mem No.....

Telephone (day) ..... (evening) .....

Marathon / Half .....

Email Address .....

Special dietary requirements.....

*Competitors must be 18 years of age on the day for the marathon and half. A signed form will be considered as a Declaration that you will run entirely at your own risk and that you have no medical disabilities that would endanger you or others taking part. Entry fees are non refundable.*

SIGNATURE ..... DATE .....

Cheques should be made payable to: "Hermes Running" or on line via [www.madeyarun.com](http://www.madeyarun.com)  
Send entries to: **Bewl Water Marathon or Half, 10 Wilmot House, 32 Eaton Road, Sutton, Surrey, SM2 5EF.**