

LDWA South Downs Marathon. Sunday 13th May 2018.

c27 miles in 10 hours from East Dean Village Hall, BN20 0DJ, just off A259, 3 miles west of Eastbourne. (EX123/OL25, LR199, GR557977).

On-line entry opens 1st December, closes noon 11th May. £6 LDWA members, £10 non-members, Limit 180, no entries on the day, no SEF. **Sorry – no dogs.**

For non-online entries SAE to David Hodge, 31 Egerton Road, Bexhill-on-Sea, TN39 3HJ or email david@weavingtree.co.uk. Acknowledgement by Email unless SAE provided.

Cheques payable to LDWA Sussex Group.

MORE DETAILS.

Registration. From 8am. Car parking is in the field next to the Hall. Luggage may be left in the Hall.

Start. 9am walkers, 10am runners. *RUNNERS - Please be advised that if you leave before the 10am start you may be disqualified. The checkpoint/clip water point opening times reflect actual runner's arrival times from previous years, based on the 10am start time.*

Entry includes certificate for all in-time finishers and a light meal at the end. Single CP with food and refreshments at the half way point, clip/water points en-route. Badge available.

Route Description. A full route description will be provided, either as a download from this website or on paper if SAE (A5 or A4 with Large letter stamp) provided. Available from mid-April. A GPX file may also be available. **Please note – a paper route description must be carried by each entrant even if walking in a group - you may get separated – or if navigating by smart phone or GPS – your batteries might go flat. Failure to carry a route description may mean that (a) you are not covered by the LDWA Public Liability Insurance and (b) that you will be disqualified.**

Results will be on the Sussex Group website shortly after the event.

THE RULES

The LDWA South Downs Marathon is open to walkers and runners who must be over 18 years of age on 1st May 2018. Membership of the LDWA is not required.

The opening and closing times of the check and clip points will be strictly adhered to. To qualify for a certificate all entrants must finish by 1900 and pass thru all the check and clip points, within the time limits. Retirements must be made at checkpoints. If a retiree is unable to reach a checkpoint they should pass their check card to another entrant, who will notify the next checkpoint. If this is not possible the emergency phone number provided on the check card should be used.

The checkpoint marshals will have the right to retire any entrant who they consider is unfit to continue. Transport back to the start will be provided for retirees.

The weather on the South Downs can change quickly so dress accordingly.

All entrants should carry maps to cover the whole route (OS Landranger 198*/199 or Explorer 123/OL25). * As only a small part of Landranger 198 is required an OS Get-A-Map based copy of the required portion will be available with the route description.