



# The Rotary Clubs of Saxmundham & Framlingham

36<sup>th</sup> Rotary Heritage Coast Run / Walk  
Sunday 6<sup>th</sup> May 2018



The starting and finishing point for all three courses is situated at **Thorpeness** playing fields (near **IP16 4LX**) on the B1353 road. Free car parking, shower and toilet facilities will be provided. A good range of refreshments may be purchased and a sports massage is hopefully being arranged (TBC). All entrants completing their course will receive a medal. Dogs are welcome but must be kept on a lead at all times.

## Registration and Entry Fees

To enter, please register via the Eventbrite link on our website, or request a registration form, via email, if you prefer that method. When completing the form highlight **which course you are entering and whether a runner or a walker. Trophies are awarded to the winning veteran runner (45 and over) on the 26 mile course and to the young winning runner (15 and under) on the 6 mile course so tick the box if this category applies to you. Additionally three+ pre-registered runners on the 13 mile course only will be classed as a team entry with a trophy being awarded for the fastest three team runners home.**

If you enter via a form, and not the website, please return your completed registration form with a cheque for the total entry fees made payable to 'The Rotary Club of Saxmundham & District' to: **The Registration Officer, 2 Dukes Meadow, Woodbridge, Suffolk IP12 4DR**

Alternatively scan and email it to [saxmundhamrotarymarathon@gmail.com](mailto:saxmundhamrotarymarathon@gmail.com). Make your payment, **quoting your surname and postcode**, to the following bank account: **Sort Code: 20-98-07 Account: 60757004.**

Please note that registration forms can only be accepted **up to Friday 20<sup>th</sup> April 2018**, after which entrants will have to register on the day.

Fees	Entries up to 20 <sup>th</sup> April 2018		Entries on the day	
	Adults	15 & Under	Adults	15 & Under
26 miles (Red course)	£18	-	£23	-
13 miles (Yellow course)	£15	£9	£17	£10
6 miles (Blue course)	£10	£5	£13	£6

## Sponsorship

This event enables our two Rotary Clubs to raise funds for Charity and this year we are supporting Service by Emergency Response Volunteers (Suffolk and Cambridge) and Riding for the Disabled at Woodbridge. Please see further details in our letter. Also a portion of the funds raised each year is retained to assist with the many and various local charitable needs which come to our notice during the year. While you are not required to obtain sponsorship when entering, please consider doing so. Indeed you can raise funds for your own chosen charity but in doing so pledge to donate 25% of the funds raised to our Rotary Clubs. You can use the Sponsorship form available or consider setting up a fundraising page via My Donate, Just Giving or similar websites. Thank you for your support.

If you need help please email: [saxmundhamrotarymarathon@gmail.com](mailto:saxmundhamrotarymarathon@gmail.com)

	Start time – Runners	Start time – Walkers
26 miles (Red course)	09:15	08:00
13 miles (Yellow course)	09:30	09:35
6 miles (Blue course)	10:15	10:20

**WEBSITE:**

[www.heritagecoastmarathon.org.uk](http://www.heritagecoastmarathon.org.uk)

**Twitter:**

@saxheritagerun

**Facebook:**

@saxrotaryheritagerun

