



Port of Blyth 10k

Sunday 8th April 2018 at 10.00am

A 10k **chip timed** race for club and u/a runners held under uka laws. Minimum age 16 yrs on day of race
Course measurement certificate 17/508 Licence No. 2018-33663

START & FINISH

Quay Road, Quayside, Blyth, NE24 3AR

ROUTE

On footpath and cycle ways from Blyth Quayside to Seaton Sluice and return. Fast and flat.

CHANGING & PARKING

Ample parking near to start. *Please follow signs and marshals instructions.* Limited changing facilities in new race HQ at Port of Blyth Training Centre.

AWARDS

Male 1 - 8, Female 1 - 8, Teams 1st Male & Female
Generous Vets prizes in each 5 yr category.
Bonus prize for new M & F course record.
Race t-shirt for all finishers.

ENTRY FEE

UKA £13.00, Unattached £15.00
Cheques payable to Blyth Running Club.

CLOSING DATE (for postal entries)

April 2nd 2018 or when limit of 650 reached.

ENTRIES ON THE DAY if limit not reached will be taken at Race HQ, Port of Blyth Training Centre, Blyth. +£2.00. Numbers sent out from March 18th.

NO HEADPHONES allowed for your own safety. Non compliance will risk disqualification.

START FITNESS

www.startfitness.co.uk

J. Henson & Son.
Quality Jeweller



www.blythrunningclub.org.uk



Enter online at www.runbritain.com

OR

Entries by post to:

Dave Kitching, 30 Castledale Ave,
Blyth, Northumberland, NE24 4EL

COURSE RECORDS: Men – 30.33. Peter Newton. Morpeth. 2011. Women.- 34.12. Rosie Smith. Durham. 2014

Port of Blyth 10k - Entry Form

BLOCK CAPITALS PLEASE

Surname..... First Name.....

Address.....

..... Post code.....

email..... Date of Birth (dd/mm/yy)

Tick. Male..... Female..... uk:a Club..... Reg No.....

Entry fee UKA - £13.00..... Entry fee U/A - £15.00.....

Cheques payable to BLYTH RUNNING CLUB

SAE NOT REQUIRED.

I AM MEDICALLY FIT TO RUN THIS EVENT AND TAKE PART AT MY OWN RISK. I UNDERSTAND THE ORGANISERS WILL IN NO WAY BE HELD RESPONSIBLE FOR ANY INJURY, ILLNESS OR LOSS OF PROPERTY AS A RESULT OF ME TAKING PART.

SIGNED.....Return with entry fee to Dave Kitching by 2nd April at above address