



53rd BLYTH SANDS RACE

Sunday 2nd December, 2012 at 11.00am

A 5 mile (approx) handicap race along the sands from Blyth Harbour to Seaton Sluice and return.

START & FINISH

Promenade, South Beach, Blyth.

Permit No. 2012-104752

ROUTE

On the beach between Blyth Harbour and Seaton Sluice Harbour and return.

REGISTRATION. CHANGING. PRESENTATION. REFRESHMENTS (FREE).

Dave Stevens Building, South Beach.

Only limited changing facilities. Please come ready changed.

PARKING.

Links Car Park, South Beach, Blyth.

AWARDS.

First three finishers. First in each age category.

First three teams (First 4 home to count regardless of category).

ENTRY FEE

UKA £6.00, Unattached £8.00

Entries on the day - UKA £8.00, Unattached £10.00.

Cheques payable to Blyth Running Club.

START ADVANTAGE:-

Ladies over 55	13 minutes
Ladies over 50	12 minutes
Ladies over 45. Men over 70	11 minutes
Girls under 18.	9 minutes
Ladies over 40. Men over 65.	9 minutes
Ladies over 35. Men over 60.	7 minutes
Senior ladies. Men over 55.	5 minutes
Men over 50.	4 minutes
Men over 45	3 minutes
Boys under 18. Men over 40.	2 minutes
Senior men.	0 minutes

CLOSING DATE (for postal entries)

25th November 2012

ENTRIES TO

Dave Bradley, 15 Richmond Close,
Bedlington, Northumberland, NE22 6NG

SAE or Collect numbers on the day.



www.blythrunningclub.org.uk

53rd BLYTH SANDS RACE

- Entry Form

BLOCK CAPITALS PLEASE

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

Address.....

Email.....

Date of Birth (dd/mm/yy)...../...../..... uk:a Club.....

Tick where applicable. Male..... Female..... Uk:a Reg. No.....

Entry fee UKA - £6.00..... Entry fee U/A - £8.00..... SAE or Pick up numbers on the day.

Cheques payable to BLYTH RUNNING CLUB

I AM MEDICALLY FIT TO RUN 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.

SIGNED.....Return with entry fee to Dave Bradley by 25th November at above address.