



# 51st BLYTH SANDS RACE

## Sunday 5<sup>th</sup> December, 2010 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. 2010-101240

### 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

Cheques payable to Blyth Running Club.

### CLOSING DATE (for postal entries)

28<sup>th</sup> November 2010

### ENTRIES TO

Dave Kitching, 30 Castledale Avenue,

Blyth, Northumberland, NE24 4EL

### ENTRIES ON THE DAY.

UKA £8.00, Unattached £10.00.

### 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

Collect numbers on the day.

Enter online at [www.race-results.co.uk](http://www.race-results.co.uk)



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

51st 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..... 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 Kitching by 28<sup>th</sup> November at above address.

