



57th BLYTH SANDS RACE

Sunday 4th December, 2016 at 11.00am

A beautifully scenic, always inspirational, often challenging, approximate 5 mile handicap race along the sands between Blyth Harbour and Seaton Sluice Harbour.

START & FINISH

Permit No. 2016-27230

The beach adjacent to The Dave Stephens Centre, South Beach, Blyth.

ROUTE

On the beach between Blyth Harbour and Seaton Sluice Harbour .

REGISTRATION. LIMITED CHANGING. PRESENTATION. FREE REFRESHMENTS.

The Dave Stephens Centre, South Beach, Links Road, Blyth, NE24 3PL

Please come ready changed.

PARKING.

Links Car Park, South Beach, Blyth.

AWARDS.

Sports vouchers.

First three finishers. First in each age category.

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

Only one individual award per entrant.

ENTRY FEE

UKA £6.00, Unattached £8.00.

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

Cheques payable to: Blyth Running Club.

Entrants must be 16 years or older on day of event.

START ADVANTAGE (HANDICAP):

Ladies over 65.	13minutes
Ladies over 60.	12minutes
Ladies over 55.Men over 70	11 minutes
Ladies over 50.Men over 65	9 minutes
Ladies over 45.	8 minutes
Ladies over 40.Men over 60.	7 minutes
Ladies over 35. Girls under 18.	6 minutes
Men over 55.	5 minutes
Senior ladies. Men over 50.	4 minutes
Men over 45.	3 minutes
Men over 40.Boys under 18	2 minutes
Senior men.	0 minutes

CLOSING DATE (for postal entries)

28th November, 2016

ENTRIES TO

Kevin Freeman, 52 Priory Grange, Blyth, Northumberland, NE24 5BB

SAE or collect numbers on the day.



www.blythrunningclub.co.uk

57th BLYTH SANDS RACE - Entry Form

BLOCK CAPITALS PLEASE

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

Address.....

Email.....

Date of Birth (dd/mm/yy)...../...../..... UKA Club.....

Tick where applicable. Male..... Female..... UKA Reg. No.....

Entry fee: UKA - £6.00..... Unattached - £8.00..... SAE or collect number 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 Kevin Freeman by 28/11/2016 at above address.