



58th BLYTH SANDS RACE

Sunday 3rd December, 2017 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.

Permit No. 2017-31722

START & FINISH - 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 Blyth Lifeguard Room (upstairs) in 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 to 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

Advanced entries: 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.
Competitors must not be accompanied by dogs (on or off lead).
Competitors are advised not to wear earphones.

START ADVANTAGE (HANDICAP):

Ladies over 65	13minutes
Ladies over 60; Men over 75	12 minutes
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 (postal entries) - 29th November 2017

ENTRIES TO:

Kevin Freeman, 52 Priory Grange, Blyth,
Northumberland, NE24 5BB (SAE or collect number on the day)

www.blythrunningclub.co.uk

58th BLYTH SANDS RACE - Entry Form BLOCK CAPITALS PLEASE

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

Address.....

Email.....

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

Tick as appropriate: Male Female UKA Reg. No.....

Entry fee: UKA - £6.00..... Unattached - £8.00..... SAE Collect number

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 29/11/2017 at above address.