



**TRANSPED**

# **BLYTH VALLEY 10K**

## **Sunday April 7th, 2013 at 10am**

A 10K Race for club and u/a runners held under uka laws. Minimum age 16 yrs on day of race  
Course measurement certificate 10/077      Licence No.2013-105163 .

### **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.  
Changing & parking also available at Blyth Sports Centre.  
Please note: start is 3/4 mile away from sports centre.

### **AWARDS**

Male 1 - 10, Female 1 - 6, Teams Male 1 - 2. Female 1  
Vets prizes 1 – 3 in each 5 yr category.  
Bonus prize for new M & F course record.  
more mile T-shirt to all finishers.

### **ENTRY FEE**

UKA £8.00, Unattached £10.00  
Cheques payable to Blyth Running Club.

### **CLOSING DATE (for postal entries)**

April 2nd 2013 or when limit of 600 reached.

### **LIMITED ENTRIES ON THE DAY**

Will be taken at 'The Quay' pub, Blyth. +£2.00.

### **ENTRIES TO**

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

### **No SAE required.**

Numbers sent out from March 17<sup>th</sup>.

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

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



Event supported by -

**TRANSPED**

**BlythValley**  
Arts & Leisure

**START FITNESS**  
[www.startfitness.co.uk](http://www.startfitness.co.uk)

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Northumberland County Council

**Schweppes Abbey Well**



**TRANSPED BLYTH VALLEY 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 - £8.00..... Entry fee U/A - £10.00.....

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 2<sup>nd</sup> April at above address

