



# 56th BLYTH SANDS RACE

## Sunday 6th December, 2015 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

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

Permit No. 2015-20475

### 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)

30<sup>th</sup> November, 2015

### ENTRIES TO

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

SAE or collect numbers on the day.



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

56th 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 30/11/2015 at above address.