



TRANSPED BLYTH VALLEY 10k Sunday 9th April 2017 at 10am

Incorporating NECAA 10K Championships

A 10K **chip timed** 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. 2017-27764

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. *Please follow signs and marshals instructions.* No changing facilities.

AWARDS

Male 1 - 10, Female 1 - 8, Teams 1st Male & Female

Vets prizes 1 – 3 in each 5 yr category.

Bonus prize for new M & F course record.

Race memento for all finishers.

ENTRY FEE

UKA £11.00, Unattached £13.00

Cheques payable to Blyth Running Club.

CLOSING DATE (for postal entries)

April 3rd 2017 or when limit of 600 reached.

ENTRIES ON THE DAY if limit not reached will be taken at 'The Quay' pub, Blyth. +£2.00.

ENTRIES TO

Anne Craddock, 22 Aspen Way
Blyth, Northumberland, NE24 3XP
Numbers sent out from March 19th.

No SAE required

Event supported by-

TRANSPED



START FITNESS

www.startfitness.co.uk

J. Herron & Son.
Quality Jeweller

NORTHUMBERLAND
Northumberland County Council



www.blythrunningclub.org.uk

Enter online at www.race-results.co.uk or
www.runbritain.com

COURSE RECORDS: Men – 30.33. Peter Newton. Morpeth. 2011. Women.- 34.12. Rosie Smith. Durham. 2014

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..... Tick to enter NECAA 10k Championship.....

Entry fee UKA - £11.00..... Entry fee U/A - £13.00.....

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 Anne Craddock by 3rd April at above address