



TRANSPED

BLYTH VALLEY 10K

Sunday April 25th, 2010 at 10am

A 10K Race and Fun Run under uk:athletics laws. Course certified accurate.
(Minimum age 16 years on day of Race) Permit No. 2010-100577.

Incorporating VAA-NEE 10k Road Championships

START & FINISH

Quay Road, Quayside, Blyth.

ROUTE

On public footpath and cycle ways from Blyth Quayside to Seaton Sluice and return. Fast and flat.

CHANGING & PARKING

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

Ample parking near to start.

AWARDS

Male, Female, Teams & Vets prizes.
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 17th 2010

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 April 2nd.

Enter online at www.race-results.co.uk

VAA-NEE Championship entry confined to fully paid up members of VAA-NEE- no additional entry fee for championships. Enter membership number. No championship entry on day of race.

Event supported by



BlythValley
Arts & Leisure

START FITNESS

www.startfitness.co.uk

JOHN GUNN Engraver

J. Herron & Son
QUALITY JEWELLERS

NORTHUMBERLAND
Northumberland County Council

Schweppes Abbey Well

www.blythrunningclub.org.uk



TRANSPED BLYTH VALLEY 10k - - Entry Form

BLOCK CAPITALS PLEASE

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

Address.....

.....Post code.....

email.....

Date of Birth (dd/mm/yy)/...../..... uk:a Club..... Reg No.....

Tick. Male..... Female.....

Entry fee UKA - £8.00..... Entry fee U/A - £10.00..... VAA-NEE membership No.....

Cheques payable to **BLYTH RUNNING CLUB**

SAE NOT REQUIRED.

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 Dave Kitching by 17th April at above address

