



TRANSPED

BLYTH VALLEY 10K

Sunday April 3rd, 2011 at 10am

A 10K Race and Fun Run under uk:athletics laws. Course measurement certificate 10/077
(Minimum age 16 years on day of Race) Licence No. 2011-101510.

Incorporating NECAA 10k Road Championships

START & FINISH

Quay Road, Quayside, Blyth.

ROUTE

On 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)

March 26th 2011

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 12th.

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

Event supported by -

TRANSPED

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..... Tick if eligible for NECAA Champs.....

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 26th March at above address

