



52nd BLYTH SANDS RACE

Sunday 4th December, 2011 at 11.30am

A 5 mile (approx) handicap race along the sands from Blyth Harbour to Seaton Sluice and return.

START & FINISH

Promenade, South Beach, Blyth. Please note later start time owing to tide conditions

Permit No.

ROUTE

On the beach between Blyth Harbour and Seaton Sluice Harbour and return.

REGISTRATION. CHANGING. PRESENTATION. REFRESHMENTS (FREE).

Dave Stevens Building, South Beach.

Only limited changing facilities. Please come ready changed.

PARKING.

Links Car Park, South Beach, Blyth.

AWARDS.

First three finishers. First in each age category.

First three teams (First 4 home to count regardless of category).

ENTRY FEE

UKA £6.00, Unattached £8.00

Cheques payable to Blyth Running Club.

CLOSING DATE (for postal entries)

27th November 2011

ENTRIES TO

Dave Kitching, 30 Castledale Avenue,

Blyth, Northumberland, NE24 4EL

ENTRIES ON THE DAY.

UKA £8.00, Unattached £10.00.

START ADVANTAGE:-

Ladies over 55	13 minutes
Ladies over 50	12 minutes
Ladies over 45. Men over 70	11 minutes
Girls under 18.	9 minutes
Ladies over 40. Men over 65.	9 minutes
Ladies over 35. Men over 60.	7 minutes
Senior ladies. Men over 55.	5 minutes
Men over 50.	4 minutes
Men over 45	3 minutes
Boys under 18. Men over 40.	2 minutes
Senior men.	0 minutes

Collect numbers on the day.

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



www.blythrunningclub.org.uk

52nd BLYTH SANDS RACE - Entry Form BLOCK CAPITALS PLEASE

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

Address.....

Email.....

Date of Birth (dd/mm/yy)...../...../..... uk:a Club.....

Tick where applicable. Male..... Female..... Uk:a Reg. No.....

Entry fee UKA - £6.00..... Entry fee U/A - £8.00..... Pick up numbers 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 Dave Kitching by 27th November at above address.