



# Port of Blyth 10k

**Sunday 7th April 2019 at 10.00am**  
**Incorporating British Masters 10k Road 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 17/508 Licence No. 2019-36997

**Note – Championship entries via BMAF**

### 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.* Limited changing facilities in new race HQ at Port of Blyth Training Centre.

### AWARDS

Male 1 - 8, Female 1 - 8, Teams 1<sup>st</sup> Male & Female  
Generous Vets prizes in each 5 yr category.  
Bonus prize for new M & F course record.  
Race t-shirt for all finishers.

### ENTRY FEE

UKA £13.00, Unattached £15.00

Cheques payable to Blyth Running Club.

### CLOSING DATE (for postal entries)

April 1st 2019 or when limit of 650 reached.

**ENTRIES ON THE DAY** if limit not reached will be taken at Race HQ, Port of Blyth Training Centre, Blyth. +£2.00.  
Numbers sent out from March 17th.

**NO HEADPHONES** allowed for your own safety.

Non compliance will risk disqualification.

Supported by

**START FITNESS**

[www.startfitness.co.uk](http://www.startfitness.co.uk)



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



Enter online at [www.runbritain.com](http://www.runbritain.com)

OR

**Entries by post to:**

Dave Kitching, 30 Castledale Ave, Blyth,  
Northumberland, NE24 4EL  
email. [portofblyth10k@gmail.com](mailto:portofblyth10k@gmail.com)

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

### Port of Blyth 10k - Entry Form

**BLOCK CAPITALS PLEASE**

**SAE NOT REQUIRED**

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

Address.....

Post code.....

email..... Date of Birth (dd/mm/yy) ..... J..... L.....

Tick. Male..... Female..... uk:a Club..... Reg No.....

Entry fee UKA - £13.00..... Entry fee U/A - £15.00..... Cheques payable to **BLYTH RUNNING CLUB**

*You are providing personal data. As the race organiser we will use this in two ways: 1. To enter you in the race, provide a race number & a results service based on your data and your finishing time.  
2. To communicate with you by mail to inform you of the pre-race instructions and to send your race number and result.  
Your information is not shared or passed to any other organisation other than Timing4Sport  
It won't be used other than for the purposes described above.*

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 Dave Kitching by 2nd April at above address