

# HAMSTERLEY FOREST MARATHON

## Sunday JULY 1<sup>st</sup> 2012. 9.30am



Under ARC Rules Permit No. Applied for.

This is the 2<sup>nd</sup> event in the North East Marathon Club's "TOUR OF NORTHUMBRIA" 2012. 4 separate marathons in 4 different scenic locations throughout the North East. There will be a special award for anyone who completes all 4 events.

Visit our website [www.northeastmarathonclub.co.uk](http://www.northeastmarathonclub.co.uk) for full details of the Tour as well as more detailed information on each of the events involved.

**Venue:-**Hamsterley Forest Visitor Centre, off the A68, near Bishop Auckland, Co Durham, full location details at

<http://www.forestry.gov.uk/website/Recreation.nsf/LUW/bDocsByKey/EnglandDurhamCountyNoForestHamsterley>

**Accommodation:-** Information on accommodation

<http://www.thisisdurham.com/accommodation>

**Facilities:-** WC and refreshments available near the start/finish. No showers or changing.

**First Aid:-** Provided by St John Ambulance

**Car Parking:-** small separate area marked for marathon, if full use main car park. Fee is £3 from Pay & Display machine

**Closing date:-** 17 June 2012, or earlier if full

**Minimum Age:-** 18 years

**Course:-** all within the Forest, a tarmac out and back of 1.8miles, followed by three laps on very good quality forest roads. Very Scenic.

**Distance:-** Garmin measured 26.2 miles

**Start/Finish:-** Close to Visitor Centre

**Prizes:-** First male and female, and first M & F in each 5 year Veteran age group.

**Awards:-** Memento to all finishers

**Numbers:-** to be picked up on the day at registration.

**Presentation:-** From 2.30 onwards by the finish

**Refreshments:-** water and squash at start/finish and two drinks stations on each lap.

**Time limit:-** 5Hr 30Mins

**Entry Limit:-** 100, No Entry on the day

**Entry Fee:-** £12 for UKA and ARC affiliated, £14 non-affiliated. Non-refundable.

Please enter online at [www.madeyarun.com](http://www.madeyarun.com) This is our preferred method of entry, use form below only if unable to enter online, making cheques payable to "North East Marathon Club"

.....PLEASE PRINT CLEARLY.....

FIRST NAME \_\_\_\_\_ SURNAME \_\_\_\_\_ SEX: M/F: \_\_\_\_\_

AGE ON RACE DAY: \_\_\_\_\_ DOB: \_\_\_\_\_ NAME OF CLUB: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ POST CODE \_\_\_\_\_

EMERGENCY TEL. NO. \_\_\_\_\_ EMAIL: \_\_\_\_\_

Any medical condition that could affect you on race day? \_\_\_\_\_

Disclaimer: I accept all conditions of entry and understand that the organisers will not be responsible for any loss, injury, accident or damage to myself or to anyone with whom I am involved in consequence of my participation in this event. I will ensure that I am in good health on the day of the race, compete at my own risk and retire from the event if unwell.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Send to: Ian Richardson, 9 Belle Vue Avenue, Gosforth, Newcastle upon Tyne, NE3 1AH.

Enquiries to:- [ian@gosforthrunner.co.uk](mailto:ian@gosforthrunner.co.uk)

