

NORTHUMBERLAND COAST MARATHON

SUNDAY AUGUST 19th 2012 9.30am



Run under ARC rules. Permit Number ARC

This is the 3rd event in the North East Marathon Club's "TOUR OF NORTHUMBRIA 2012" 4 separate marathons in 4 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 for full details of the Tour as well as more detailed information on each event.

Please enter online at www.madevarun.com This is our preferred method of entry. Use this form only if unable to enter online. Thank you.

- COURSE:** A Garmin measured 26.2 mile out and back route, along the scenic Northumberland Coastal Path from Alnmouth to Long Nanny bridge, south of Beadnell and return. The route is totally off-road using the Coastal Path with sections of trail and beach.
- DIRECTIONS:** Follow Coastal Path signposts, keeping the sea as close as possible to your right when heading North and to your left on return. Route map sent to all entrants.
- VENUE:** Race HQ Red Lion Inn, Alnmouth. Alnmouth is situated on the main East Coast railway line between Newcastle and Edinburgh.(Check Sunday rail service!) Accommodation on www.alnmouth.org.uk or www.visitnorthumberland.com
- START/FINISH:** Alnmouth Beach, near river mouth, 9.30 am. Registration at Red Lion from 8.30am
- FACILITIES:** Toilets & baggage storage, (no liability accepted) at Red Lion. Public toilets nearby. Please use pay car park next to beach.
- MEDICAL:** St. John Ambulance cover arranged from 9.30am to 3.30pm.
- DRINKS:** 3 Drinks Stations, (water and orange,) both out and back.
- LIMITS:** 80 entrants only. No entries on the day. All entrants must be over 18 years of age.
- TIME LIMIT:** 6 hours. (Post race presentation in Red Lion beer garden.)
- AWARDS:** Quality mementoes. Awards for 1st Male & Female. (Vets dependant on entries.)
- CLOSING DATE:** August 10th or when entry limit is reached.
- ENTRY FEE:** £15 affil./£17 u/a to "North East Marathon Club" J.Manford 20 West Close, Warkworth Morpeth, Northumberland, NE65 0JZ. Sorry: No Refunds, No Deferments.

-----Detach & Send this section only-----

NAME-----M/F----- Affiliated CLUB-----

ADDRESS-----

POSTCODE----- DATE OF BIRTH----- AGE-----

TELEPHONE-----EMAIL-----

DECLARATION: Please enter me for the Northumberland Coast Marathon. I agree to abide by ARC rules and I 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. I will compete at my own risk and retire from the event if I feel unwell.

SIGNATURE----- DATE -----