Run under ARC rules. Permit 15/023

**Online entries at** [**www.madeyarun.com**](http://www.madeyarun.com)

COURSE: A Garmin measured4 laps of a 6.5 mile course within the confines of Druridge Bay Country Park. A section will be run on the beach.

DIRECTIONS: Map and instructions on club website.

VENUE: Race HQ is the Visitor’s Centre, Druridge Bay

START/FINISH: The race will start and finish beside the Visitor’s centre.

FACILITIES: Toilets and baggage storage, (no liability accepted) at the Visitor’s centre. Pay and display car parking available.

MEDICAL: First Aid cover arranged from 8.30 – 14.00.

DRINKS: 2 opportunities for drinks (juice and water) on each lap.

LIMITS: 300 entrants. No entries on the day. All entrants must be over 18 years of age.

 TIME LIMIT: Strict 5hr 30 mins limit due to tides.

AWARDS: Quality mementoes. Awards for 1st Male & Female. Vets awards in 5 year age categories.

CLOSING DATE April 11th 2015 or when entry limit is reached.

ENTRY FEE: Marathon:£17 affil./£19 u/a. (NEMC members £15)

Half marathon: £13 affil/£15 u/a (NEMC £11) Cheques to “North East Marathon Club”

Post to: 6 Hextol Gardens, Denton Burn, Newcastle-upon-Tyne NE15 7UA

 Sorry: Definitely no Refunds, no Deferrals

All relevant information available under “Entries” at [www.northeastmarathonclub.co.uk](http://www.northeastmarathonclub.co.uk)

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

DATE OF BIRTH--------------------------- AGE------------------------------- FINISH TIME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

DECLARATION: Please enter me for the Druridge Bay Marathon/ half marathon (please circle). 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 -----------------------------------