ARC permit applied for

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

COURSE: A Garmin measured course (4 laps marathon, 2 laps half marathon) within the confines of Druridge Bay Country Park. A section will be run on the beach.

VENUE: Race HQ is the Visitor’s Centre, Druridge Bay Country Park, Red Row, Morpeth, NE61, 5Bx.

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

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

MEDICAL: First Aid cover by Frontline Medical arranged from 9.30 – 15.00.

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 for the half marathon, over 20 for the marathon.

TIME LIMIT: 5hr 30 mins marathon/4hr 30 mins half

AWARDS: Memento and awards for 1st Male & Female. Vets awards in 5 year age categories.

CLOSING DATE April 3rd 2016 or when entry limit is reached.

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

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 -----------------------------------