HAMSTERLEY FOREST MARATHON

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Saturday 6 July 2013, 9.30 a.m.

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FIRST NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_SURNAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SEX: M/F \_\_\_\_\_\_\_ AGE ON RACE DAY:\_\_\_\_\_\_\_ DOB: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

NAME OF CLUB: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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POST CODE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMERGENCY TEL. NO.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMAIL:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­­­\_\_\_\_\_\_\_\_

Please give details of any medical condition that could affect you on race day?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Disclaimer: I a

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)

Make cheques payable to “North East Marathon Club”

Or enter at [www.madeyarun.com](http://www.madeyarun.com) ARC Permit applied for



Saturday JULY 6th 2013. 9.30am



**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/LUWebDocsByKey/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 Tees & Weardale Search & Mountain rescue Team.

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

**Closing date**:- 30 June 2013, 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 and tracks. 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:**- £15 for UKA and ARC affiliated, £17 non-affiliated. Non-refundable.