Run under ARC rules. Permit applied for.

COURSE: A Garmin measured 26.2/13.1 mile out and back route, along the scenic Northumberland Coastal Path from Alnmouth to Craster (half) or 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. Map and instructions on club website.

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](http://www.alnmouth.org.uk) or [www.visitnorthumberland.com](http://www.visitnorthumberland.com)

START/FINISH: Alnmouth Beach, near river mouth, 9.00 am. Registration at Red Lion from 8.00am Half marathon registration on the beach from 9:10am.

FACILITIES: Toilets & baggage storage, (no liability accepted) at Red Lion. Public toilets nearby. Please use pay car park next to beach.

MEDICAL: First Aid cover arranged from 9.00am to 2.30pm.

DRINKS: 3 Drinks Stations, (water and orange,) both out and back.

LIMITS: 150 entrants only. No entries on the day. All entrants must be over 18 years of age (half) or 20 for the marathon.

TIME LIMIT: Strict 5hr 30mins due to tide conditions.

AWARDS: 1st Male & Female. Vets awards in 5 year age-categories.

CLOSING DATE August 7th or when entry limit is reached.

ENTRY FEE: £17 affil./£19 u/a. (NEMC members £15) Cheques to “North East Marathon Club Race Organiser M. Horan 6 Hextol Gdns, Denton Burn, Newcastle-upon-Tyne NE15 7UA

 Sorry: Definitely no Refunds, no Deferrals

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

……………………………………....................................

NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

ADDRESS----------------------------------------------------------------------------------------------------------------------------

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

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

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

DECLARATION: Please enter me for the Northumberland Coast Marathon/half. 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 -----------------------------------