

NORTHUMBERLAND COAST MARATHON

10am August 21ST

With the kind permission of Northumberland Coast AONB Partnership & the National Trust

Run under ARC rules. Permit Number ARC 11/101

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. Accommodation in the village & surrounding area is on www.alnmouth.org.uk

START/FINISH: Alnmouth Beach, near river mouth, 10.00 am.

FACILITIES: Toilets & baggage storage, (no liability accepted) at Red Lion. Public toilets & car park nearby.

MEDICAL: St. John Ambulance cover arranged from 10am to 4pm.

DRINKS: Water and orange at regular intervals. There are shops at Craster & 3 pubs en route!

LIMITS: 60 entrants only. Over 18 years only

TIME LIMIT: 6 hours. (Post race in Red Lion beer garden.)

AWARDS: Quality mementoes. Awards for 1st Male & Female. (Vets dependant on entries.)

CLOSING DATE August 1st or when entry limit is reached.

ENTRY FEE: £15 affiliated/£17 unaffiliated payable "North East Marathon Club" to J.Manford 20 West Close, Warkworth,Morpeth,Northumberland NE65 OJZ 9 x 4 sae required. No sae, No entry. Queries: jimmanford@hotmail.com

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

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

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

ADDRESS-----

POSTCODE-----TEL NO-----

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 -----

remember sae!