NEWCASTLE RACECOURSE

NEWCASTLE RACECOURSE MARATHON/Half/50K

Sunday 8 December 2013, 9.30 a.m.

\_\_\_\_\_\_\_\_\_\_ S 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 Event entered Half □ Full □ 50k □

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.



MARATHON, HALF MARATHON AND 50K

SUNDAY DECEMBER 8th 2013. 9.30am



**Venue:**- Newcastle Racecourse is in High Gosforth Park NE3 5HP

http://www.newcastle-racecourse.co.uk/about-us/find-us.php

**Facilities:**- WC and refreshments available near the start/finish.

No showers, limited changing.

**First Aid**:- Provided St John Ambulance

**Car Parking**:- Large car park adjacent to start/finish

**Closing date**:- 30 November 2013, or earlier if full

**Minimum Age**:-18 years. 17 yrs Half M.

**Entry Fee:**-

UKA & ARC Affiliated/non-affiliated

Marathon £20/£22.

Half marathon £15/£17

50k £22/ £24

(NEMC Members only, deduct £2 from entry fee)

Non Refundable, non transferable.

**Course**:- Ambulance track inside the race track. 1.65 miles per lap, 16 laps

**Distance:**- Garmin measured 26.4 miles

**Start/Finish:**- Close to car parking

**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:**-In building used for registration.

**Refreshments:**- Water and squash at start/finish of each lap.

**Time limit**:- 5Hr 30Mins

**Entry Limit**:- 100, No Entry on the day