



North Tyneside Council

North Tyneside 10k Road Race

Sunday 31 March 2013

Road Race Permit No. 104817

widening
horizons

Start 10.00am at The Parks Sports Centre, North Shields along to North Shields Fish Quay, Tynemouth Promenade, Tynemouth Priory and Castle, then follow the coastal route finishing at the car park at St. Mary's Lighthouse. **Entrants must be over 15 years of age on day of race.**

Surname	<input type="text"/>	Female	<input type="checkbox"/>	Male	<input type="checkbox"/>
First names	<input type="text"/>	Date of birth	<input type="text"/>		
Address	<input type="text"/>	Age at time of race	<input type="text"/>		
	<input type="text"/>	Veteran category	<input type="text"/>		
	<input type="text"/>	UK athletics club (if applicable)	<input type="text"/>		
Postcode	<input type="text"/>	UK athletics registration no.	<input type="text"/>		
Telephone	<input type="text"/>	Mobile	<input type="text"/>		
Email	<input type="text"/>				

I understand that I participate completely at my own risk and the organisers will not be responsible for any loss or injury however caused. Minimum age for participants 15 years.

Signed

Date

Please tick appropriate box

☐

UK Athletics Club Member - £15.00

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Non Club Member - £17.00

The entry fee will include a bag and a t-shirt.

Please state size of t-shirt S ☐ M ☐ L ☐ XL ☐

Please make cheques payable to
North Tyneside Council and return to:
**NT 10k Road Race, North Tyneside Council,
Quadrant West, Silverlink North,
Cobalt Business Park, North Tyneside, NE27 0BY.**

For further information please contact the Events Team:
Tel: (0191) 643 7409
or email: events@northtyneside.gov.uk

Officially measured and certified course. Changing facilities with showers, transport and computerised result service.

Closing date: **Friday 15 March 2013** or when **limit of 2200 entries reached**. No entries on the day.
This race is not suitable for unassisted wheelchair users.

Prizes

* Awards for first 10 male individuals and first 10 female individuals (prize range £100 - £10).

UKA teams first 3 male teams and first 3 female teams (prize range £60 - £10) (4 runners per team).

Veteran prizes M35 to M70 and F35 to F70, 3 per age group (subject to entry).

Veterans please indicate veteran category.

* First male individual and first female individual £100 prize

We would like to keep in touch with you about events in North Tyneside by email. If you would prefer us NOT to contact you by email please tick here ☐

WIDENING HORIZONS
Sport North Tyneside



A common sense guide to training for new runners

It is advised to consult with your Doctor prior to any training.

- **STEP 1:** Allow at least four weeks of training if you're starting from basic fitness (that is, being able to jog for at least 20 minutes).
- **STEP 2:** Add 5 minutes of jogging/running to your 20 minutes in week one. In other words, try to run for 25 minutes each time you run.
- **STEP 3:** Continue this programme over the next three weeks, adding 5 minutes of jogging/running per week. By this time, you'll be up to 40 minutes of continuous running.
- **STEP 4:** Aim to do this programme at least three days a week. The other four days can be either rest or an alternate exercise like cycling or swimming.
- **STEP 5:** Allow your legs and your lungs to catch up to each other in the beginning. Your legs are in use every day, while your lungs probably haven't worked so hard in a while.
- **STEP 6:** Work up to being able to do at least 4 miles of continuous running before the race. This gives pretty good assurance that you can at least go the extra 2 miles on race day.
- **STEP 7:** Run relaxed. Don't get pulled out into a sprint by the crowd.
- **STEP 8:** Build up training steadily and add variety to your training (eg. hill running, weight training, swimming etc).
- **STEP 9:** Give your body time to adapt to new training loads. Listen to your body. Pushing too hard too soon can lead to injury.
- **STEP 10:** Find a natural starting point by recording your morning pulse rate. Sudden rises in your rate are signs that you are putting your body under too much stress.
- **STEP 11:** Settle into a good stretching routine and stick to it.
- **STEP 12:** Take a break from training if you have an infection or illness - don't be surprised if you find you can't start back at the same level on your first day back after illness.
- **STEP 13:** Break up your training and offer yourself more than constant running - don't let your training programme become stale.
- **STEP 14:** Never run through injuries - it only makes them worse and slows down the natural healing process. If you suffer from repeated minor injuries see a doctor or sports injury specialist. Your running style may be adding to your problems.
- **STEP 15:** Remember - it's not the end of the world if you don't run well during race day. Get the most out of each race you do - learn from the experience and come back in even better shape next time.
- **STEP 16:** Make sure you get yourself a pair of well fitting trainers that suit your running style.
- **STEP 17:** Have fun and enjoy your run.

The information above is given as a guide only. North Tyneside Council cannot be held responsible for any injuries however caused. As advised, please consult with your Doctor prior to taking part in the race.