

# HAMSTERLEY FOREST MARATHON

## Saturday JULY 6<sup>th</sup> 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.

## HAMSTERLEY FOREST MARATHON

Saturday 6 July 2013, 9.30 a.m.

FIRST NAME \_\_\_\_\_ SURNAME \_\_\_\_\_

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

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

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

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

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

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

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

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

