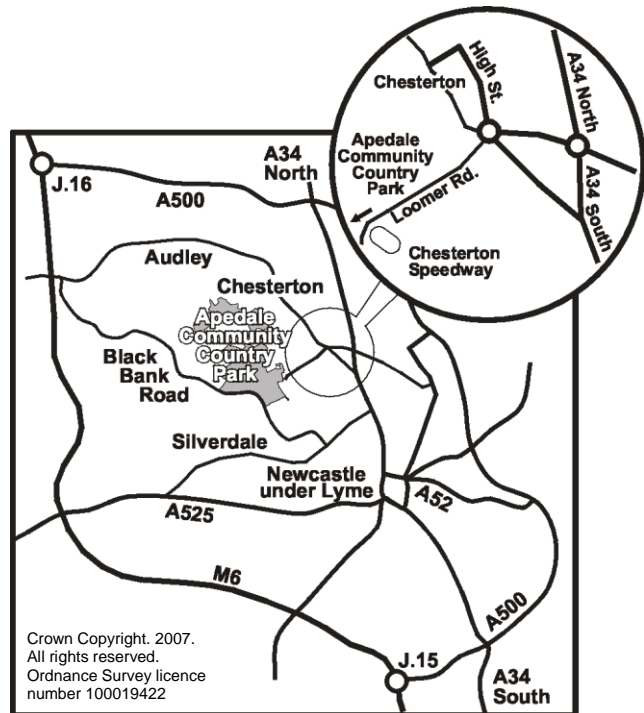


DIRECTIONS

Apedale Community Country Park
Loomer Road, Chesterton, Newcastle-under-Lyme, Staffordshire,
Tel: 07754 172801



- Explore 200 hectares of woods, meadows and pools
- Guided walks and activities for schools and community groups by Newcastle Countryside Project
- Staffordshire County Council Ranger Service
- Café and toilet facilities at the Apedale Heritage Centre
- Underground tours of Apedale Drift Mine
- Special events throughout the year

Sponsors: **AYNSLEY CHINA**

Newcastle (Staffs) AC



Permit Number
2017-30435

"THE NEWCASTLE DALES DASH"

(Incorporating the Margaret Barker Trophies)

10K MULTI-TERRAIN RACE

on Sunday 3rd December 2017 at

Apedale Community Country Park

Start: 11.00 am

Organised by:

Newcastle (Staffs) Athletic Club.

The Newcastle Dales Dash:

- Prizes for 1st 3 men and women, 1st male vet over 40/50/60/70, 1st female vet over 40/50/60/70 and Margaret Barker trophies for 1st lady and 1st Newcastle (Staffs) AC lady, also 1st U16 on the day, Male and Female, free results, e-mail address essential
- **Commemorative Aynsley China plaque for all runners**

ENTRY FORM

ENTRY FORM

Please complete clearly in block capitals

Surname: _____ First Name: _____

Date of birth: _____ Sex: _____ Male/Female

Address: _____

_____ Post Code: _____

Phone No.: _____ Email: _____

Athletic Club: _____ UK Athletics No.: _____

NSRRA No.: _____

EMERGENCY CONTACT

Name: _____ Phone No.: _____

ENTRY FEE: UK Athletics Affiliated Club £7.00 / Unaffiliated £9.00, entry on the day £2 extra. **Cheques payable to Newcastle (Staffs) AC.**

Entries Online to: www.runnersworld.co.uk or www.bookitzone.com or www.runbritain.com and printable form from Newcastle(Staffs) AC website.

**Postal entries should be sent to: Bill Barker
109 Nantwich Road
Audley, ST7 8DL**

Closing date for postal entries is Wednesday, 29th November 2017.

To receive number in advance, please enclose a SAE, otherwise numbers should be collected from 9.00am on the day at Race HQ. Personal information is collected for the purposes of Race Administration only.

Entries on the day will also be taken from 9.00am onwards.

I declare that I am an amateur as defined by the UK Athletics Rules, will abide by the race rules and I will be 15 years of age, or over, on race day. I hereby agree that the organiser shall not be liable for any accidents, injury, loss or damage as a consequence of my participation in the event.

Signed: _____ Date: _____

"THE NEWCASTLE DALES DASH"

(licence no 2017-30435)

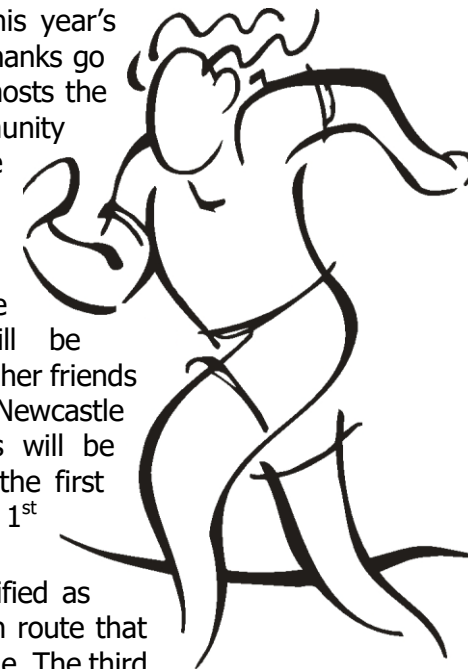
11.00am, Sunday 3rd December 2017 .

at APEDALE COMMUNITY COUNTRY PARK

Apedale Valley, Loomer Road, Chesterton, Staffs. Tel: 07754172801

Organised by Newcastle(Staffs)AC , this year's race is the 14th in the series. Our thanks go to AYNLEY CHINA our Sponsor, our hosts the Ranger Service at the Apedale Community Country Park and the Newcastle Countryside Project. A small plaque will be awarded to runners (subject to availability), as well as normal position/age group prizes. Again the "**Margaret Barker Trophies**" will be presented as a tribute to Margaret from her friends at Newcastle Countryside Project and Newcastle (Staffs) Athletic Club. Four trophies will be awarded for the first lady home, for the first Newcastle (Staffs) Athletic Club lady, 1st U16 on the day M/F (open).

The 10K course is measured and certified as accurate. It is an off-road, multi-terrain route that undulates through Apedale and Lymedale. The third Newcastle dale, Silverdale, can be seen on the right, at the top of the course, near Black Bank. The surfaces include tarmac, limestone, grass and a wooden boardwalk. Certain areas are expected to be wet and muddy and care must be taken, especially if there is a frost. **Appropriate footwear should be worn for the prevailing conditions on the day.** The race is open to runners aged 15 and over but is, regrettably, unsuitable for wheelchairs or cyclists. Please note that St John Ambulance will be in attendance on the day at the Start/Finish Area and there will be drinks and a snack available at the finish. Parking is ample, toilets, no showers. The start and finish is the same as previous years adjacent to the Heritage Centre. **Entry limit 500.**



Race photos by Bryan Dale available at:
www.racephotos.org.uk