**“THE NEWCASTLE DALES DASH”**

**11.00am, Sunday 2nd December 2018 .**

at APEDALE COMMUNITY COUNTRY PARK

Apedale Valley, Loomer Road, Chesterton, Staffs.

Organised by Newcastle(Staffs)AC , this year’s race is the 15th in the series.   Our thanks go to our hosts the Ranger Service at the Apedale Community Country Park and the Newcastle Countryside Project. A T-shirt will be given to finishers (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 Apedale Heritage Centre 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 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**

 **NB.Entries are online ONLY at Bookitzone.com. There will be no entries on the day or form entries.**

**Race photos by Bryan Dale available at:**

**www.racephotos.org.uk**

For details contact: Bill Barker: w.f.barker@btopenworld.com

Entry Details

Club Runners £9.00

Unattached £11.00

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Enter online [bookitzone](https://bookitzone.com/william_barker/352FFX)

Closing date for entries is Wednesday 28th November.

Location

The race is based at Apedale Community Country Park, ST5 7LB:

[View Larger Map](http://maps.google.co.uk/maps?near=Newcastle-under-Lyme,+Staffordshire+ST5+7LB,+UK&geocode=CUkywO7PIG9DFW43KQMdX5fd_w&q=apedale+heritage+centre&f=l&hl=en&sll=53.031936,-2.261381&sspn=0.00782,0.016501&ie=UTF8&ll=53.03213,-2.264814&spn=0.018066,0.036478&z=14&source=embed)