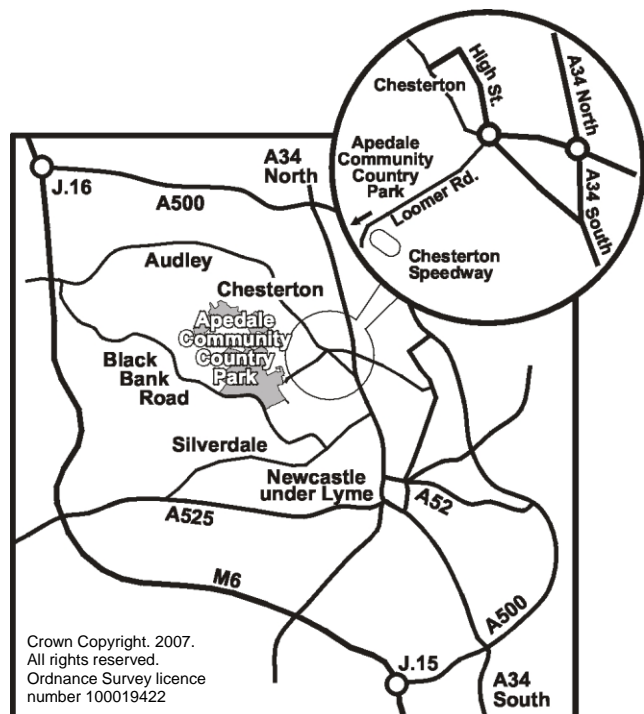


DIRECTIONS

Apedale Community Country Park
Loomer Road, Chesterton, Newcastle-under-Lyme, Staffordshire.
Tel: 01782 - 632550



- 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**

BOURNESPORTS

Staffordshire
County Council



Permit Number
applied for

"THE NEWCASTLE DALES DASH" (Incorporating the Margaret Barker Trophies)

10K MULTI-TERRAIN RACE
on Sunday 7th December 2014 at
Apedale Community Country Park

Start: 11.00 am

Organised by:

Staffordshire County Council,
Newcastle Countryside Project.

Supported 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 AC lady, also 1st U16 on the day, Male and Female, free results, e-mail address essential
- **Commemorative Aynsley China mug for all runners**
- Run under UK Athletics Rules

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 Staffordshire County Council)

Entries Online to: www.runnersworld.co.uk or www.bookitzone.com or form printable 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, 3rd December 2014.

To receive number in advance, please enclose a SAE, otherwise numbers may be collected from 9.00am on the day. 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 organisers shall not be liable for any accidents, injury, loss or damage as a consequence of my participation in the event.

Signed: _____ Date: _____

APEDALE COMMUNITY COUNTRY PARK

Apedale Valley, Loomer Road, Chesterton, Newcastle, Staffs.
Telephone: 01782 - 632550

"THE NEWCASTLE DALES DASH"

(Incorporating the Margaret Barker Trophies)

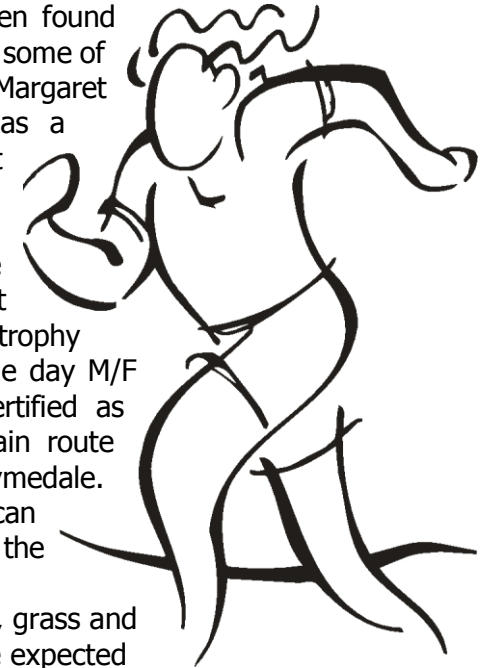
Sunday 7th December 2014 - 11.00am

This is the eleventh time the race has been held, celebrating the 10th anniversary of the event. This year's main sponsor is AYNSLEY CHINA once again supported by Bourne Sports.

Feedback from previous races has been found very useful and we have taken onboard some of the comments. Again this year 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; one for the first lady home and one for the first Newcastle (Staffs) Athletic Club lady. A trophy will be presented to the 1st U16 on the day M/F. 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 First Aiders will be in attendance on the day at the Visitor Centre and there will be drinks available at the finish. Parking is ample. The race start and finish area is the same as previous years. **Entry limit 500.**



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