

All members of Morpeth Harriers are invited to the

BLYTH LINKS 10K training run and social evening

TUESDAY 29th AUGUST 2017 START TIME 7.15 PM

REGISTRATION AT THE DAVE STEPHENS BUILDING ADJOINING LINKS CAR PARK, SOUTH BEACH NE24 3PL.

THIS YEAR THERE WILL BE A VOLUNTARY COLLECTION FOR CHARITY.

This is an invitation training event run over an accurate 10k course from the Links Car Park, South Beach, Blyth to Seaton Sluice cliff tops and return.

No entry fee – just turn up, collect a number and run.

No prizes.

Free after race buffet and raffle at The Quay pub in Blyth Centre. NE24 2AP

Information and results at

www.blythrunningclub.org.uk