



Thanks to our Series Sponsor

Milburn Gate, Durham,

Pilgrim Street, Newcastle

Butchers Row, Beverley

www.startfitness.co.uk

**Pre-enter whole  series -
get a Souvenir Towel AND Save £5**

	Date	Time	Race	Licence Nos	Entry Fee
1	6 th April	7.00	Spring Coast Road 5k*	App For	£ 5
2	22 nd April	10.15	Mermaid 10k	App For	£ 8
3	29 th June	7.00	Summer Coast Road 5k*	App For	£ 5
4	24 th July	10.15	Victorian 10k	App For	£ 8
5	7 th Sept	7.00	Autumn Coast Road 5k*	App For	£ 5
* Wednesday Evenings on 2 lap "pink path" course. Meet at Redcar Rugby Club, Green Lane, Redcar.					

Notes

- Unattached runners add £2 to fee quoted for each race, ***Avoid unattached levy – join your local club!***
- 5k Races are "enter on the night" only (except if you pre-enter all five races). The 10k races are "pre-enter races", however, entries on the day will be accepted with a surcharge of £1.50 (eligible for prizes).
- The venue for the 10k races is The Mermaid, Redcar Lane, Marske. The venue for the 5k races is Redcar Rugby Club, Green Lane, Redcar.
- For 5k races prizes are awarded to the top 25 on an Age Related Performance basis plus spot prizes for those who finish 50th, 75th & 100th in the age related order.
- The New Millennium Trophy is open only to those who pre-enter all five races (2010 Winner Pam Castello, Redcar Running Club). Please indicate clearly that you are entering all races – cost £26 (£36 unattached)
- Results to all races will be available free on the day as well on the internet : www.new-marske-harriers.co.uk
- Minimum ages male & female : 5k = 15 years, 10k = 16 years

Additional Notes for 2011

- Due to sea defence work courses may have to be changed at relatively short notice but will be accurately measured
- Series commences with 5k therefore series entries need to arrive no later than 6th April – the Souvenir Towel (only for those who pre-enter the whole series) will be handed out at the Good Friday Race.