



The North's Premier 10 mile Road Race

# 20<sup>th</sup> Tynedale 10 Mile Jelly Road Race

HEXHAM TO OVINGHAM

Incorporating NECAA 10 mile championships

and the British Masters Athletic Federation 10 mile championships

Held under UK Athletics rules

Licence No 10147

Supported by *START FITNESS* and Tyne Valley Coaches

## Sunday 14<sup>th</sup> September 2008 at 11 am

### Extensive Prize List

**Prizes in Senior and Veteran Categories plus team prizes**

**£50 bonus for new course records**

**(Men 1992 Paul Cuskin 48:49 Women 1992 Lynn Harding 56:39)**

- Undulating, scenic, rural route through beautiful Northumberland, mostly on closed roads (approx 8 ½ out of the 10 miles) Registration at Wentworth Leisure Centre, Hexham
- Start at Hexham – 10 minutes from Wentworth Leisure Centre
- Transport from Ovingham to registration at 9am and 10am £2 **which must be booked and paid for in advance with entry**
- Baggage transport to finish at Ovingham Middle School with changing facilities and free car park
- Free Jelly to all runners – refreshments for families
- Only one prize per runner and team prizes.
- **Closing date for entries: 26<sup>th</sup> August 2008**
- Entry fees: Club runners £8 – Unattached £10
- For entry into both Tynedale 10K (form on the reverse) and the Jelly Tea 10 mile the joint entry fee for one person is £14 (club runners) or £18 (unattached).
- Entries on the day £2 extra (eligible for prizes but not BMAF championships)
- Send 9x5 SAE for race number (2 SAEs for 2 race entry) which will be sent out approx 2 weeks before the race.

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Please enter me for the TYNEDALE 10 MILE JELLY ROAD RACE

(Tick for BMAF champs entry .....)

NAME.....MALE/FEMALE

ADDRESS.....

.....TELEPHONE.....

AGE ON 14/9/08.....(Runners must be 16 or over on 14/9/08)

CLUB(if any, for which I *am/am not* eligible for team competition).....

(England Athletics Registration number .....)(BMAF number .....)

I enclose entry fee - £8 club member £10 unattached plus £2 bus fee if required

£2 BMAF championships fee

2 race entry fee - £14 club member or £18 unattached plus £2 bus fee if required TOTAL .....

Transport required (**£2 to be paid with entry**) : 9am ..... 10 am ..... **Please tick as required**

PLEASE RETURN WITH CHEQUE/PO PAYABLE TO **TYNEDALE HARRIERS & AC** and 9"x5" SAE (2 SAEs for 2 race entry) to

HUGH BINGHAM, 29 BISHOPTON WAY, HEXHAM NE46 2LR (Tel 01434 609589)

I am an amateur as defined by UK Athletics Rules and intend to run this event at my own risk

Signed .....

Date .....

**From [www.race-results.co.uk](http://www.race-results.co.uk)**

Tynedale Harriers meet in Hexham on Tuesdays. We compete on the roads, track, cross country and fells and have an active social side. If you would like details of Tynedale Harriers please tick here .....