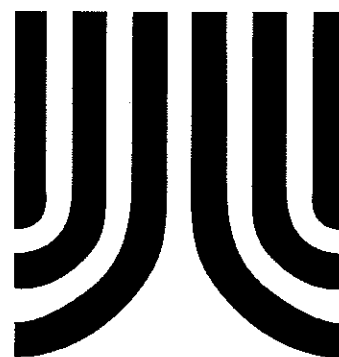


www.wallsendharriers.com

Wallsend Harriers & AC present the

**The Wallsend  
'RISING SUN'  
Multi-Terrain Run**  
approx: 5 mile

Race Licence Number: 10154



**Wellstream**

**Sunday April 13th 2008**

at

**The Rising Sun Country Park,  
(behind ASDA - Benton, North Tyneside)**

*On firm traffic-free paths around a beautiful country park in the heart of North Tyneside*

**Start: 10.30 am**

**Senior & Veteran Men & Women**

**Extensive prize list for individual athletes in all categories (no team prizes)**

**FREE T-Shirt to ALL Finishers (Value £10) !!**

|                                       |   |
|---------------------------------------|---|
| <b>Senior Race:</b>                   | Must be over 16 on the day of the race.   |
| <b>Seniors, Women &amp; Veterans:</b> | Athletes are eligible for one prize only.   |
| <b>Entry fees:</b>                    | Club entries: <b>£7</b> . Unattached: <b>£9</b> .   |
|                                       | A limited number of entries will be available on the day.                                       |
| <b>Cheques made payable to:</b>       | WALLSEND HARRIERS & AC.   |
| <b>Post to:</b>                       | John Jamieson, 185 Allendale Road, Walker,<br>Newcastle upon Tyne NE6 2SY. Tel: (0191) 2240105. |
| <b>Entries Close:</b>                 | Friday 11th April 2007  |
| <b>Changing facilities:</b>           | Rising Sun Country Park   |

**CAR PARKING available by kind permission of ASDA store, Benton.  
Please follow instructions of car park marshals**

..... Detach and post below .....

**NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**CLUB NAME:** \_\_\_\_\_ *England Athletics*  
*Reg No:* \_\_\_\_\_

**Male / Female** \_\_\_\_\_ **Age (on race day)** \_\_\_\_\_

**E-mail address (optional)** \_\_\_\_\_ *(Results can be e-mailed after race – will not be used for any other purpose)*  
**T-shirt size (s/m/l/xl)** \_\_\_\_\_