

SOUTH SHIELDS HARRIERS AND ATHLETIC CLUB

present under UKA Laws, permit number: 20100050

"SAND DANCER" 10K MULTI TERRAIN RACE

Incorporating the VAA-NE 10K (approx) multi terrain Championship
plus Fun Run 4K (approx)

on

SUNDAY 11th APRIL 2010

Held on the Leas at South Shields, near Great North Run finish
suitable for runners of all abilities

Start times: Fun Run 10.30 am ; Sand Dancer 10K 11.00 am

No Parking at the Stadium. Please use foreshore car parks (paying)

Prize list for all categories, including team race for senior 10K

And spot prizes

Presentation of prizes @ Sand Dancer

Changing/Canteen/Registration/Late entries from 9.30 am at Gypsies Green
Stadium

Entry Fee **£6.00** (£8.00 unattached) On the day entry **£8** (£10 unattached) No extra
fee for VAA-NE Championship but must be VAA-NE members. (No championship
entry on day of race). Fun Run entry: **£2.00**

Cheques made payable to South Shields Harriers

Entries to: R Shaw 7 Burnside, East Boldon, Tyne & Wear NE36 0LS tel: 0191 5362674

Collect Numbers on Race Day from 9.30 am

Entry Form:

Name:.....Male /Female Age on Race day.....DoB.....

Address:.....PostCode:.....

.....Tel/No:.....

If applicable: email:

Club:.....UK Athletics No:.....VAANENo.....

Closing date for entries 9 April 2010

Entrants MUST be over 17 Years of age on day of race for 10K Race and over 12 for Fun Run.

The organisers reserve the right to amend the prize list.

Late entries on the day at organiser's discretion.

I declare that I will abide by the rules and laws of UK athletics. I am not under the minimum age to compete and I accept that the organisers will not be liable for any loss, damage, action, claim, costs or expenses, which may arise in consequence of my participation in this event. I declare that I will not compete in the event unless I am in good health on the day of the race and that, in any event, I will compete at my own risk.

Fee enclosed:£.....Signed:.....Date:.....

NB for Fun Run, to be signed by Parent / Guardian, if runner under 15

Race Sponsors:

SAND DANCER



Nova International



South Tyneside Council



Hart Door Systems



Arrisdale Sports & Nutrients