



Tynedale 10K Road Race

HELD UNDER UK ATHLETICS RULES

Licence No 2010-100563

PIE 'N PEA
SUPPER

SPONSORED BY

Arnold Clark

Wednesday 7th July 2010 at 7.30 pm

RACE LIMIT 700. NO ENTRIES ON THE DAY.

1. The race is a flat rural 10K along minor roads and tracks. Most of the roads are closed.
2. Limited parking, changing (no showers), supper and presentation are at Ovingham Middle School. The school will be open from 6pm. The race starts promptly at 7.30pm. **Please note the start line is approx one mile from the school.**
3. **Please try to stand in a starting place appropriate to your race speed as the start is narrow.**
4. After the race there will be a pie and pea supper (included in the entry fee) followed by the prize presentation. There will be generous prizes in senior and veteran categories. There will also be team prizes. Club vests must be worn for team competition.
5. NOTE : NO RUNNER MAY CLAIM MORE THAN ONE INDIVIDUAL PRIZE.
6. Results will be available on www.tynedaleharriers.com.
7. Please apply promptly to avoid disappointment. There is a race limit of 700, which was reached last year. **There will be no entries available on the day.**
8. **Please send 9"x5" SAE for race number.** Numbers will be sent out approx 2 weeks before the event.
9. Entry fees are £8 for club runners or £10 for unattached runners.

(NOTE : If you are entering the 10K and Jelly 10 mile race(form on the reverse) together the joint entry fee for **one** person is £14 for club runners £18 unattached. Please send 2 SAEs)

Please keep the top part and return the form below.

For details of Tynedale Harriers including training, social and how to join see tynedaleharriers.com

Please enter me for the TYNEDALE 10K ROAD RACE

NAMEMALE / FEMALE (please delete)

ADDRESS

.....TELEPHONE.....

AGE ON 7/7/10 (Runners must be 16 or over on 7/7/10)

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

EA Registration number Entry fee enclosed

Single event £8 or £10 (unattached) Entry for both races £14 or £18 (unattached)

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

Signed

PLEASE RETURN WITH CHEQUE / PO PAYABLE TO TYNEDALE HARRIERS & AC & 9"x5"SAE to:
Hugh Bingham, 29 Bishopton Way, Hexham, Northumberland, NE46 2LR

CLOSING DATE – 21st JUNE 2010

www.race-results.co.uk