



The North East's Premier 10 mile Road Race

22nd Tynedale 10 Mile Jelly Road Race

Sponsored by Symantec
HEXHAM TO OvingHAM

Incorporating the NECAA and VAANE 10 mile championships
Held under UK Athletics rules Licence No 2010-100562

Supported by *START FITNESS* and Tyne Valley Coaches

Sunday 5th September 2010 at 11 am

Extensive Prize List

Prizes in Senior and Veteran Categories plus team prizes

RACE ENTRY LIMIT 700. NO ENTRIES ON THE DAY.

- Undulating, scenic, rural route through beautiful Northumberland, mostly on closed roads (approx 8 ½ out of the 10 miles)
- Start at Hexham – 10 minutes from Wentworth Leisure Centre
- Transport from Ovingham to Hexham 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 (note : exit from car park is restricted until 12.45 due to runners finishing)
- Free Jelly and sandwich to all runners – refreshments for families available to buy.
- Only one prize per runner and team prizes.
- **Closing date for entries: 23rd August 2010. NO ENTRIES ON THE DAY.**
- Entry fees: Club runners £8 – Unattached £10
- Send 9x5 SAE for race number which will be sent out approx 2 weeks before the race.
- For further details on Tynedale Harriers – training, social and membership – see tynedaleharriers.com
- The VAANE championships are only open to paid-up members of VAANE. Membership numbers must be quoted. There is no extra fee for this championships.

Please enter me for the TYNEDALE 10 MILE JELLY ROAD RACE (Tick for VAANE entry

NAME.....MALE/FEMALE

ADDRESS.....

.....TELEPHONE.....

AGE ON 5/9/10.....(Runners must be 16 or over on 5/9/10)

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

England Athletics Registration number (VAANE number

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

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 to
HUGH BINGHAM, 29 BISHOPTON WAY, HEXHAM NE46 2LR . **Closing Date 23rd August**

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

Signed

Date