



# Tynedale 10K Road Race

PIE 'N PEA  
SUPPER

HELD UNDER UK ATHLETICS RULES

Licence No 2011-101588

SPONSORED BY

## Wylam Garage

A FAMILY BUSINESS SINCE 1968



### Wednesday 6<sup>th</sup> July 2011 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 presentati on 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](http://www.tynedaleharriers.com).
7. **Please send 9"x5" SAE for race number** . Numbers will be sent out approx 2 weeks before the event.
8. Entry fees are £10 for club runners or £12 for unattached runners.  
50p of each entry fee goes to the registered char ity Lifespan Complementary ([www.lifespanteam.org.uk](http://www.lifespanteam.org.uk))

(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 £18 for club runners £22 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](http://tynedaleharriers.com)

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Please enter me for the TYNEDALE 10K ROAD RACE

NAME .....MALE / FE MALE (please delete)

ADDRESS .....

.....TELEPHONE.....

AGE ON 6/7/11 ..... (Runners must be 16 or over on 6/7/11)

CLUB (if any, for which I am/am not eligib le for team competition) .....

EA Registration number .....

Entry fee enclosed .....

Single event £10 or £12 (unattached) Entry for both races £18 or £22 (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 – 20<sup>th</sup> JUNE 2011**



The North East's Premier 10 mile Road Race

# 23rd Tynedale 10 Mile Jelly Road Race

## HEXHAM TO OVINGHAM

Sponsored by :

# Wylam Garage

A FAMILY BUSINESS SINCE 1968



Incorporating the NECAA and BMAF 10 mile championships  
Held under UK Athletics rules Licence No 2011-101589

Supported by *START FITNESS* and Tyne Valley Coaches

## Sunday 4th September 2011 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: 22<sup>nd</sup> August 2011. NO ENTRIES ON THE DAY.**
- Entry fees: Club runners £10 – Unattached £12
- 50p of each entry fee goes to the registered charity Lifespan Complementary ([www.lifespanteam.org.uk](http://www.lifespanteam.org.uk))
- For entry into both Tynedale 10K (form on the reverse) and the Jelly Race 10 mile the joint entry fee for one person is £18 (club runners) or £22 (unattached).
- Send 9x5 SAE for race number (2 SAEs for 2 race entry) which will be sent out approx 2 weeks before the race.
- For further details on Tynedale Harriers – training, social and membership – see [tynedaleharriers.com](http://tynedaleharriers.com)
- The BMAF championships are only open to paid-up members of BMAF. Membership numbers must be quoted. There is no extra fee for this championships.

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

NAME.....MALE/FEMALE

ADDRESS.....

.....TELE PHONE.....

AGE ON 4/9/11..... (Runners must be 16 or over on 4/9/11)

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

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

I enclose entry fee - £10 club member £12 unattached plus £2 bus fee if required

2 race entry fee - £18 club member or £22 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 . Closing Date 22<sup>nd</sup> August**

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

Signed .....

Date .....