

The Good Friday Road Relay Races.



Organised by Elswick Harriers.

Date: Friday 29th March 2013

Under U.K. Rules. (Licence no. 2013-105100)

Venue: Newburn Riverside Park,

Bells Close, Lemington, Newcastle Upon Tyne.

The club kindly acknowledges the NHS Building Services.

Races start from 10.30am

Race 1. 10.30am. U/13 Boys & Girls race (approx. 1.5 miles)

Awards to the 1st 3 individuals & 1st Team (3 to count)

Race 2. 10.50am. U/15 Boys & Girls race (approx. 1.5 miles)

Awards to the 1st 3 individuals & 1st Team (3 to count)

Race 3. 11.10am. Senior and Vets Women's Relay Race (approx. 2.2 miles)

A minimum age of 15 years old on the day of the race

Vets must be 35 years old or over on the day of the race

3 persons to count as a qualifying team

Awards to the 1st 3 Senior Teams and 1st Vets Team

Awards to the fastest lap for A Senior, A Vet and An O/50.

Race 4. 12 Noon. Senior and Vet Men's Relay race (approx. 2.2 miles)

A minimum age of 15 years old on the day of the race

Vets must be 35 years old or over on the day of the race

4 persons to count as a qualifying team

Awards to the 1st 3 Senior Teams and 1st 3 Vets Team

Awards to the fastest lap for A Senior, A Vet and An O/50.

The Competitor with the fastest lap of the day will be awarded the Alex Burns Cup

All Presentations will take place at race HQ- the foyer of the NHS building

Please note: We anticipate holding the U13's & U15's presentations at 11.30am

****ENTRY FEE AND CONTACT DETAILS OVERLEAF****

We kindly ask everyone who will use the building and its facilities to respect the amenities and keep them clean and tidy
Thank you.

Entry Fees: Kindly make cheques payable to: Elswick Harriers

Senior & Vet Men's Relays £16 per team
Senior and Vet Women's Relays £12 per team
Under 13 & Under 15 Boys and Girls £3 per person

Postal Entries & Enquiries to:

Mr. Frank Watson (Club Secretary)
28 Hewley Crescent
Throckley
Newcastle Upon Tyne
NE15 9PX

Mob: 07940 482 180

Closing Date for postal entries: Wednesday 20th March 2013.

Late entries on the day, will incur a small additional charge and will be taken upto 30 minutes before each race starts.

Elswick Harriers reserve the right to amend awards.

All athletes compete at their own risk.

No responsibility will be accepted for any loss, injury or illness; also loss of property or damage to vehicles in participation in this event.

The race HQ building is now owned by the NHS and Elswick Harriers wish to thank them for their co-operation in assisting us to stage this popular local event.

