WALLSEND HARRIERS & ATHLETIC CLUB

Founded 1920 Re-Established 1975

Present "The Terry O'Gara Memorial 5K Road Race" and Fun Run

Sunday 21st April 2013. (License No. 2013-105446)

(Incorporating Veterans Athletics Association Northeast of England 5K Road Championships)

Run under UKA rules and supported by;

SEGEDUNUM
ROMAN FORT, BATHS & MUSEUM

New to the race calendar last year we are pleased to re-present an officially measured, largely traffic- free 5K course using the Hadrian's Way Cycle Path in memory of club chairman Terry O'Gara.

Top quality commemorative tee shirt for all 5K finishers. Goody Bag for Fun Run finishers

Fun Run **Start: 10.15 am**
Senior & Veteran Men & Women's race **Start: 11.00 am**

Prizes for individual athletes in all categories
Athletes are eligible for one prize only.
Registration and collection of race numbers at Segedunum Visitor Centre. Postcode NE28 6HR

Entries	5K Race limited to 500 entrants. (Must be 16 years old or over on the day of the race).
Entry fees:	Children's' Fun Run **£5**. Entries on the day accepted. 5K Championship Race: **£9** (Club Members) or **£10** (Unattached) **+ £1** for entries on the day. (No VAANEE entries on the day)
Cheques made payable to:	WALLSEND HARRIERS & AC.
Post to:	John Jamieson, 16 Langdale Gardens, Walkerdene, Newcastle NE6 4EB. Tel: 0191 2634059.
Online entries accepted at:	http://www.race-results.co.uk/
All entries Close:	Saturday 13th April 2013
Changing facilities	Limited facilities at Segedunum Visitor Centre from 9.15am ***CAR PARKING available nearby***

..... Detach and post below .....

NAME _____ ***5K Race/Fun Run?*** (Delete as applicable) _____

ADDRESS _____

Contact Tel. No. _____

CLUB NAME: _____ ***England Athletics Reg No:*** _____

Male / Female _____ ***Age (on race day)*** _____

VAANEE Member No. _____ ***(Championship entry confined to paid up members of VAANEE)*** _____

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