



Tynedale 10K Road Race

HELD UNDER UK ATHLETICS RULES

Licence No 2013-105592

PIE 'N PEA
SUPPER

SPONSORED BY

Wylam Garage

A FAMILY BUSINESS SINCE 1968



FEATURING

The GEORGE OGLE MEMORIAL MILE

Wednesday 3rd July 2013 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(weather permitting), changing (no showers), supper and presentation are at Ovingham Middle School. The school will be open from 6pm. **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. The George Ogle Memorial Mile prizes are awarded to the first male and female past the 1 mile marker, who complete the race.
5. 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.
6. NOTE : NO RUNNER MAY CLAIM MORE THAN ONE INDIVIDUAL PRIZE.
Results will be available on www.tynedaleharriers.com. Online entry at www.race-results.co.uk
7. **Please send 9"x5" SAE for race number.** Numbers will be sent out approx 2 weeks before the event.
8. Entry fees are £12 for club runners or £14 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 £22 for club runners £26 unattached. **Please send 2 SAEs**)
10. i-pods and other musical devices should not be worn.

Please enter me for the TYNEDALE 10K ROAD RACE

NAMEMALE / FEMALE (please delete)

ADDRESS

.....TELEPHONE.....

AGE ON 3/7/13 (Runners must be 16 or over on 3/7/13)

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

EA Registration number Entry fee enclosed
Single event £12 or £14 (unattached) Entry for both races £22 or £26 (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 – 17th JUNE 2013





The North East's Premier 10 mile Road Race

25th Tynedale 10 Mile Jelly Road Race

sponsored by

Wylam Garage

A FAMILY BUSINESS SINCE 1968



HEXHAM TO OVINGHAM

Incorporating the NECAA and VAANE 10 mile championships

Held under UK Athletics rules

Licence No 2013-105593

Supported by Tyne Valley Coaches

Sunday 1st September 2013 at 11 am

Extensive Prize List

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 **£3 which must be booked and paid for in advance with entry.** Car parking is approximately 15 minutes walk from the school. No parking at the school.
- Baggage transport to finish at Ovingham Middle School with changing facilities. Free Jelly and sandwich to all runners – refreshments for families available to buy.
- Only one prize per runner and team prizes. Club vests must be worn for team prizes.
- **Closing date for entries: 17th August 2013. NO ENTRIES ON THE DAY.**
- Entry fees: Club runners £12 – Unattached £14
- For entry into both Tynedale 10K (form on the reverse) and the Jelly Race 10 mile the joint entry fee for one person is £22 (club runners) or £26 (unattached).
- Send 9x5 SAE for race number (2 SAEs for 2 race entry) which will be sent out approx 2 weeks before the race.
- Results available at tynedaleharriers.com. Online entry at www.race-results.co.uk
- i-pods and other musical devices should not be worn.
- The VAANE championships are only open to paid-up members of VAANE. Membership numbers must be quoted.

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

NAME.....MALE/FEMALE

ADDRESS.....

.....TELEPHONE.....

AGE ON 1/9/13.....(Runners must be 16 or over on 1/9/13)

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

England Athletics Registration number (VAANE number

I enclose entry fee - £12 club member £14 unattached plus £3 bus fee if required

2 race entry fee - £22 club member or £26 unattached plus £3 bus fee if required TOTAL

Transport required (**£3 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 17th August**

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

Signed

Date