



Tynedale 10K Road Race

HELD UNDER UK ATHLETICS RULES
PIE 'N PEA SUPPER

PERMIT No 7609

SPONSORED BY

Patterson

Motor Group

SCOTSWOOD ROAD, NEWCASTLE UPON TYNE

TEL : 0191 273 9161

Wednesday 5th July 2006 at 7.30 pm

1. The race is a flat rural 10K along minor roads and tracks.
2. Registration, **Race Number collection**, changing (no showers), supper and presentation 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. Limited parking is available at the school and also at the Countryside Park near the finish. There is a bus and train service from Newcastle to Low Prudhoe. There is also a bus which leaves Eldon Square and stops at Ovingham school. The station and the Countryside Park are half a mile from the school.
4. The race starts outside the Social Club in Ovington and heads through Ovingham and Wylam, returning on the track beside the river Tyne to Low Prudhoe and finishing at the Countryside Park.
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.
7. Please apply promptly to avoid disappointment. There is a race limit and late entries cannot be guaranteed. Late entrants will be charged £1 extra if numbers are available and will be eligible for prizes.
8. **No acknowledgement of your entry will be sent. Please collect your race number on the day.**
9. Entry fees are £7.50 for club runners or £9.50 for unattached runners.
(NOTE : If you are entering the 10K and Jelly Tea 10 mile race(form on the reverse) together the joint entry fee is £14 for club runners £18 unattached.)
These are your race details . Please keep the top part and return the form below.

Please enter me for the TYNEDALE 10K ROAD RACE

NAMEMALE / FEMALE (please delete)

ADDRESS

.....TELEPHONE.....

AGE ON 5/7/06 (Runners must be 16 or over on 5/7/06)

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

NoEAA Registration number Entry fee enclosed

Single event £7.50 or £9 (unattached) Joint entry £14 or £18 (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 to:

Hugh Bingham, 29 Bishopton Way, Hexham, Northumberland, NE46 2LR

NO SAE REQUIRED.

CLOSING DATE – 26TH JUNE 2006