

**Heaton Harriers**

www.heatonharriers.org.uk

QUORUM
BUSINESS PARK

MEMORIAL 10k ROAD RACE

"Incorporating the 2018 North Eastern Counties Athletics Association Senior Men's and Senior Women's 10K Road Racing Championship"



+Junior Races and 'Mini-Minor' Fun Run Sunday November 11th 2018 11:00am

Traffic free course on footpaths around Newcastle's Town Moor. Start/Finish on Town Moor.
Race HQ @ Royal Grammar School, Brandling House, Lambton Road, Jesmond, Newcastle upon Tyne, NE2 4DX.Extensive prize list, please see Heaton Harriers website for full race details and parking information.
£200 mens and ladies winning time bonuses available. All races to be chip timed including junior events.

Two minutes silence to precede the main race

TIMETABLE OF EVENTS				DISTANCE	ENTRY FEE	WINNING TIME BONUS
A	9:15	'Mini Minor' Under 11 boys/girls (minimum age 9 on 11/11/18)		Approx 1km	£3.00	Men SUB 29.32 Winning time
B	9:30	JUNIOR RACE: Under 13 boys/girls (aged 11 & 12 on 31/08/18)		3km	£3.00	£200 Bonus
C	9:45	JUNIOR RACE: Under 15 boys/girls (aged 13 & 14 on 31/08/18)		3km	£3.00	Women SUB 34.04 Winning time
D	10:15	JUNIOR RACE: Under 17 men/women & Under 20 men/women		5km	£3.00	£200 Bonus
E	11:00	MAIN RACE: Senior/veteran men/women		10km	£11 att/ £13.00 unatt	

ENTER ONLINE

WWW.RESULTSBASE.NET/EVENT/4488

ENTRY FEES

Club Runners: £11.00

Unattached: £13.00

Entries on day +£1 Junior/ +£3 Senior

Postal entries to: Race Secretary, 40, Netherwitton Way, Gosforth, Newcastle upon Tyne, NE3 5RP

Closing date 8th November 2018. Race numbers to be collected on the day. Please make cheques payable to HEATON HARRIERS

 I am eligible for the NECAA 10K Championship

First Name Address

Surname

Phone Postcode

DOB Licence No

Age on Club

11/11/2018

Email Signature

Parent or guardian if young athlete under 16

Event Male/Female

(A,B,C,D,E)

I declare that I am medically fit to run and understand that I participate at my own risk. I accept that the organisers shall not be liable or responsible for any accidents, loss, damage or injury sustained to my property or to me as a consequence of my participation in this event.