

## Heaton Memorial Road Races – Frequently Asked Questions.

### 1. Where to Park

There is limited parking available on and in and around Lambton Road, NE2 4DX.

The RGS Car Park may be open and available for use but this cannot be guaranteed and we will not know until the day. It is located off Eskdale Terrace adjacent to Jesmond Parish Church.

There is a council run car park on Claremont Road, NE2 4AA and on street parking on parts of Claremont Road itself.

### 2. Travel by Metro

Jesmond Metro station is within 250 metres of Race HQ, Haymarket Metro Station is approximately a 1KM walk from Race HQ and the start / finish area.

### 3. Baggage Storage

Baggage and personal effects may be left at Race HQ at the owners risk. Members of the race organiser's team will be at Race HQ at all times however there is no official manned storage baggage area.

### 4. Prams and Pushchairs

Running with prams, pushchairs and similar items will not be permitted.

### 5. Prize List

A full prize list is published on the Heaton Harriers Website.

### 6. Collection of race numbers and timing chips

Race numbers and timing chips will be available for collection from Race HQ at Royal Grammar School, Brandling House, Lambton Road, Jesmond, Newcastle upon Tyne, NE2 4DX. We are expected to be open from approximately 8:00am on Sunday 10 November 2019 for Junior Races and from 9:00am for the 10K.

No numbers or timing chips will be sent in the post.

Instructions for attaching timing chips to your running shoes will be made available on the day.

### 7. Deferred Entries

Entries cannot be deferred under any circumstances.

### 8. Wearing of Musical devices

The wearing of musical devices (ipods etc) is strictly prohibited.

## 9. Toilets

Toilets will be available at Race HQ and close to the start / finish line on the Town Moor

## 10. Results

Results will be published on the Heaton Harriers Website at [www.heatonharriers.org.uk](http://www.heatonharriers.org.uk) and on the Results Base Website at [www.resultsbase.net](http://www.resultsbase.net) as soon as possible after the race. A personal ticket with your time and position will be available from Results Base upon finishing the 10K race only. Team competition results will be announced at the presentation which will follow the race.

## 11. Prizes and Presentation

Junior results will be made available as soon as possible after each race. We would expect the U11 results to be available at Race HQ from approximately 10:00.

The individual and team results for the U13 and U15 races are expected to be available for a presentation at approximately 10:30 at Race HQ.

The U17 and U20 individual and combined team prizes are expected to be available for a presentation at approximately 11:15 at Race HQ.

Presentation of individual and team prizes for the Memorial 10K including presentation of The Watson Trophy will be after the race at Race HQ. We estimate that we will be ready to start the presentations between 12:30 and 12:45 and we would recommend that runners are at HQ before 12:30.

## 12. Refreshments

We would invite all competitors and guests to convene back at Race HQ for a 'Poppy Tea' after the main event where coffees, teas and cakes will be available for sale with all proceeds to be donated to the Royal British Legion's Poppy Appeal.

Teas, coffees and cakes will be available for sale at Race HQ from approximately 9:00am.

## 13. ONE MINUTE SILENCE

Please remember that the ONE MINUTE SILENCE will be observed at 11:00 hours. Please ensure that everyone respects this tradition and that competitors in the 10K road race are in position and ready to start before 11:00.