



Heaton Harriers

Visit our web site:
<http://www.heatonharriers.org.uk>

Heaton Memorial Road Races – 10 November 2019

8:00	Junior Entry Desks Open	HQ at RGS
9:00	Senior Entry Desks Open	HQ at RGS
9:15	Mini Minor (U11's boys and girls race over 1KM) Individual prizes presented at the end of the race (No team prizes for U11)	Town Moor
9:30	Junior Race (U13 boys and girls race over 3KM)	Town Moor
9:45	Junior Race (U15 boys and girls race over 3KM)	Town Moor
10:15	Junior Race (U17 and U20 men and women over 5KM)	Town Moor
10:30	Late entries close (if available)	HQ at RGS
10:45	Presentation – Individual and Team Prizes for U13 / U15 boys and girls	HQ at RGS
10:50	Senior Race assembly at the Start	Town Moor
11:00	ONE MINUTE SILENCE	Town Moor
11:02	Start of the Senior Memorial Race over 10Km (Incorporating the NEMAA 10K Championships)	Town Moor
11:15	Presentation – Individual and Team Prizes for combined U17 / U20 teams	HQ at RGS
12:30	Presentation of Senior / Veteran Individual and Team Prizes Including the NEMAA 10K Championship Medals	HQ at RGS

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North of England Athletic
Association

North Eastern Counties
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