



HEATON HARRIERS AC

www.heatonharriers.org.uk

21st JESMOND DENE

HANDICAP RACES 2010

Under England Athletics rules (NoEAA Permit No 2010-100500.)

Supported by
START FITNESS

www.startfitness.co.uk

0870 759 8803

DATES:	MONDAY MAY 3RD	MONDAY MAY 31ST
	MONDAY JUNE 28TH	MONDAY JULY 26TH

START: WILL BE AT THE DENE ENTRANCE ON ARMSTRONG BRIDGE ADJACENT TO BENTON BANK AND THE A1058, COAST ROAD AT 7:30PM.

COURSE: APPROXIMATELY 5488 METRES (3.41 MILES) OF UNDULATING TARMAC ROADS AND FOOTPATHS WITHIN JESMOND DENE, ARMSTRONG AND HEATON PARKS.

REGISTRATION, TOILETS & RACE NUMBERS: 'PEOPLE'S THEATRE', STEPHENSON ROAD, NEWCASTLE UPON TYNE ON THE A1058, COAST ROAD. PLEASE REGISTER AT LEAST 30 MINUTES BEFORE RACE START. PLEASE KEEP YOUR RACE NUMBER FOR THE SERIES.
ENTRIES ACCEPTED AFTER 6:45PM ON THE NIGHT WILL NOT BE HANDICAPPED AND MUST START LAST FROM SCRATCH.

HANDICAPPING: EACH RACE WILL BE HANDICAPPED, GIVING EVERYONE AN EQUAL OPPORTUNITY TO WIN. COMPETITORS WILL START AT STAGGERED TIMES BASED ON THE INFORMATION PROVIDED ON THE OFFICIAL ENTRY FORM. HANDICAP TIMES WILL BE AMENDED ACCORDINGLY IN SUBSEQUENT RACES. COMPETITORS MAY ENTER INDIVIDUAL RACES LATER IN THE SERIES.

PRIZES: PRIZES FOR THE FIRST TEN AND FOR THE FASTEST TIME IN EACH RACE.
PRIZES ALSO FOR THE FIRST THREE IN THE SERIES, BASED ON THE BEST THREE POSITIONS FROM THE FOUR RACES.
BONUS PRIZE FOR BREAKING COURSE RECORD (16:37 MEN, 18:55 WOMEN)

ENTRIES TO: **GEORGE ROUTLEDGE, 5 ST. HILDA'S AVENUE, HOLY CROSS, WALLSEND, NE28 7AB**
ENTRY FEE PAYABLE TO 'HEATON HARRIERS' MINIMUM AGE ON DAY OF RACE - 14 YEARS
SEND ONLY £3 OR £5 TO COVER FIRST RACE FEE.

ENTRY FEES:

ADVANCE ENTRIES	<u>uk:a CLUB MEMBERS</u> ENTRY FEE = £3.00 EACH SUBSEQUENT RACES = £3.00 PER RACE	<u>UNATTACHED</u> ENTRY FEE = £5.00 (INCLUDES £2 uk:a LEVY) EACH SUBSEQUENT RACES = £5.00 PER RACE
ENTRIES ON THE NIGHT	<u>uk:a CLUB MEMBERS</u> ENTRY FEE = £5.00 EACH SUBSEQUENT RACES = £3.00 PER RACE	<u>UNATTACHED</u> ENTRY FEE = £7.00 (INCLUDES £2 uk:a LEVY) EACH SUBSEQUENT RACES = £5.00 PER RACE

ENTRY FORM - HEATON HARRIERS JESMOND DENE HANDICAP RACES 2010

FIRST NAME		SURNAME	
ATHLETIC CLUB		Male/Female	M / F
ADDRESS		Date of Birth	
POST CODE		AGE	
'PHONE NO.		Eng Ath REG. NO.	
E-MAIL ADDRESS) (CAPITALS PLEASE)			

Declaration I declare that I am medically fit to run and understand that I participate entirely 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.

SIGNATURE

PLEASE LIST YOUR LAST FOUR RACE RESULTS AND BEST 5K/10K TIMES WITHIN THE PAST 12 MONTHS
GIVE ESTIMATED FINISH TIME IF NOT RACED THESE DISTANCES

DISTANCE	TIME	RACE NAME	DATE OF RACE	ROAD, TRACK OR XC
