

North Shields Polytechnic Club

Amateur Athletics - Track & Field - Road & Cross Country

Clive Cookson 10K Race & 5K Race

sponsored by  and supported by 

WEDNESDAY 21 MAY 2008

Start time 5k Race: 6.45 Start time 10k: 7.15

Start and Finish at Monkseaton High School, Seatonville Road, Whitley Bay

Changing facilities, computerised results

Superb barbeque and delicious refreshments for runners and spectators, good parking

Fast 2 lap course 10k - Road, Trail – Fast 1 lap 5k

Numbers to be COLLECTED ON THE NIGHT at Monkseaton High School.

Measured course - Under UK Athletics rules – Road Race Permit No. 10320

Top quality dry fit tee shirt to all finishers

Attractive prizes for men, women and veterans as well as generous and unusual spot prizes.

The Clive Cookson Cup to winning team in the Clive Cookson 10k.

Entry fee for 10k & 5k: Club runner £9.00*, Non Club Runner £11.00*

*** plus £1 extra to enter on the night—Postal Closing date: 9 May 2008**

The Clive Cookson Cup was presented to the Poly in 1921. The trophy was awarded to the club team finishing first in the annual Clive Cookson Road Race which was discontinued because of traffic related safety concerns in the mid 1990s. The Poly have renamed their annual 10k race and will, once again, present the Clive Cookson Cup to the club team finishing first in the 10k race. This magnificent trophy was regarded as a prestigious award and has been held by top clubs throughout the region.

Enter online: <http://www.nspoly.co.uk> – Telephone enquiries 07766744651, email: JBGoodison@yahoo.co.uk

Race Results will be published on the web



Clive Cookson Race - Entry Form Wednesday 21 May 2008 - entries accepted on the day for an extra £1*

Surname:

First name:

Address:

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Postcode:

Phone:

E-mail:

Male: Female:

DATE OF BIRTH:

I am medically fit to run and take part at my own risk. I understand the organisers will in no way be held responsible for any injury, illness or loss of property. Signed: _____ Date: _____

Please return entries by **Friday 9 May** to: John Brettell, 2 Witton Road, Shiremoor, Tyne & Wear, NE27 0PH

Cheques payable to: North Shields Polytechnic Club

Please tick the box to indicate which race you wish to enter:

Clive Cookson 10k 5k

Only those 16 years or over on the day may enter the 10k race

UK Athletics Club:

England Athletics Reg No (if known)

Entry fee for 10k or 5k if member of UK Athletics Club **£9.00***

Entry fee non UK Athletics club member **£11.00***:

Please state T-Shirt Size - Small Medium Large XL

If you would like information about joining North Shields Polytechnic Athletics club please tick here:

Information can also be found on our website: <http://www.nspoly.co.uk>