



# Tynedale 10K Road Race

HELD UNDER UK ATHLETICS RULES

Licence No 10135

PIE 'N PEA  
SUPPER

SPONSORED BY

# Arnold Clark

## Wednesday 2<sup>nd</sup> July 2008 at 7.30 pm

1. The race is a flat rural 10K along minor roads and tracks. Most of the roads are closed.
2. Limited parking, changing (no showers), supper and presentation are at Ovingham Middle School. The school will be open from 6pm. The race starts promptly at 7.30pm. **Please note the start line is approx one mile from the school.**
3. After the race there will be a pie and pea supper (included in the entry fee) followed by the prize presentation. There will be generous prizes in senior and veteran categories. There will also be team prizes. Club vests must be worn for team competition.
4. NOTE : NO RUNNER MAY CLAIM MORE THAN ONE INDIVIDUAL PRIZE.
5. Results will be available on [www.tynedaleharriers.com](http://www.tynedaleharriers.com)
6. Please apply promptly to avoid disappointment. There is a race limit and late entries cannot be guaranteed. Late entrants will be charged £2 extra if numbers are available and will be eligible for prizes.
7. **Please send 9"x5" SAE for race number.** Numbers will be sent out approx 2 weeks before the event.
8. Entry fees are £8 for club runners or £10 for unattached runners.

(NOTE : If you are entering the 10K and Jelly 10 mile race(form on the reverse) together the joint entry fee for **one** person is £14 for club runners £18 unattached. Please send 2 SAEs)  
Please keep the top part and return the form below.

-----  
Please enter me for the TYNEDALE 10K ROAD RACE

NAME .....MALE / FEMALE (please delete)

ADDRESS .....

.....TELEPHONE.....

AGE ON 2/7/08 ..... (Runners must be 16 or over on 2/7/08)

CLUB (if any, for which I am/am not eligible for team competition) .....

Registration number ..... Entry fee enclosed .....  
Single event £8 or £10 (unattached) Entry for both races £14 or £18 (unattached)

I am an Amateur as defined by UK Athletics Rules and intend to run this event at my own risk.

Signed .....

PLEASE RETURN WITH CHEQUE / PO PAYABLE TO TYNEDALE HARRIERS & AC & 9"x5"SAE to:  
Hugh Bingham, 29 Bishopton Way, Hexham, Northumberland, NE46 2LR

**CLOSING DATE – 21<sup>st</sup> JUNE 2008**

Tynedale Harriers meet in Hexham on Tuesdays. We compete on the roads, track, cross country and fells and have an active social side.

If you would like details of Tynedale Harriers please tick here .....