



www.tynebridgeharriers.com

A fast & flat chip-timed **5k race** on footpaths around Exhibition Park and Town Moor.

An officially measured, traffic-free course. Please Note: the course is not suitable for wheelchair competitors.

Sunday 18th August 2013

(UKA Race License No. 2013-9557, Course Measurement Certificate 05/525)

Run under UK Athletics Rules

SENIOR & VETERAN MEN & WOMEN – START: 10:00

Late entries accepted until 9:15.

Registration & collection of race numbers at start (Exhibition Park cafe) from 8:30 on day of race

Entries: Limited to **350 entrants** (must be 13 years old on the day of the race)

Entry Fees: Club entries: **£5.00** Unattached: **£7.00** (+ **£1.00** for entries on the day)

RACE NUMBERS TO BE COLLECTED ON RACE DAY

Cheques Payable: TYNE BRIDGE HARRIERS

By post to: 29 Heaton Grove, Heaton,
Newcastle upon Tyne, NE6 5NN

Entries Close: Saturday 10th August 2013

Facilities: No specifically designated changing facilities are available. Toilet facilities are available as part of Newcastle Fair in Exhibition Park and at the finish area.

Car Parking: There is no parking available in the park. Runners are advised to park in the Claremont Road Car Park.

Course records: Men: 14.34
Women: 16.58.

Events: The race is part of the Newcastle Fair on the Town Moor, which will include a Farmers' Market, stalls, other entertainments and rides.

Prizes: Prizes for individual athletes in all categories & team prizes (athletes are eligible for ONE prize only)

Veterans will count in Vets teams only

Surname: _____ First Name: _____

Address: _____

Post Code: _____ Date of Birth: _____

Club Name: _____ EA Number: _____

Male / Female: _____ Age on Race Day: _____

Email: _____