



Heaton Harriers

www.heatonharriers.org.uk

QUORUM
BUSINESS PARK

MEMORIAL 10k ROAD RACE

+ Junior Races and 'Mini-Minor' Fun Run
Sunday November 12th 2017 11:00am

Traffic free course on footpaths around Newcastle's Town Moor. Start/Finish on Town Moor.
Race HQ @ Royal Grammar School, Brandling House, Lambton Road, Jesmond, Newcastle upon Tyne, NE2 4DX.

Extensive prize list, please see Heaton Harriers website for full race details and parking information.
£200 mens and ladies winning time bonuses available. All races to be chip timed including junior events.



One minute silence to precede the main race

TIMETABLE OF EVENTS (all junior race ages are as 31/08/17)

| | | DISTANCE | ENTRY FEE | WINNING TIME BONUS | |
|---------|--|------------|-----------------------|--|----------------------|
| A 9:15 | 'Mini Minor' Under 11 boys/girls (minimum age 9 on 12/11/17) | Approx 1km | £3.00 | Men SUB 29.32 Winning time | £200 Bonus |
| B 9:25 | JUNIOR RACE: Under 13 boys/girls (aged 11 & 12 on 31/08/17) | 3km | £3.00 | Women SUB 34.04 Winning time | £200 Bonus |
| C 9:40 | JUNIOR RACE: Under 15 boys/girls (aged 13 & 14 on 31/08/17) | 3km | £3.00 | | |
| D 10:00 | JUNIOR RACE: Under 17 men/women & Under 20 men/women | 5km | £3.00 | | |
| E 11:00 | MAIN RACE: Senior/veteran men/women (chip timed) | 10km | £11 att/ £13.00 unatt | | |

ENTER ONLINE

WWW.RESULTSBASE.NET/EVENT/4082

ENTRY FEES

Club Runners: £11.00

Unattached: £13.00

Entries on day +£1 Junior/ +£3 Senior

Postal entries to: Race Secretary, 40, Netherwitton Way, Gosforth, Newcastle upon Tyne, NE3 5RP

Closing date 9th November 2017. Race numbers to be collected on the day. Please make cheques payable to HEATON HARRIERS

First Name Address

Surname

Phone Postcode

DOB Licence No

Age on 12/11/2017 Club

Email Signature

Event Male/Female

(A,B,C,D,E)

Parent or guardian if young athlete under 16

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