

# Entry Form

## Handicapping

For each race a handicap system provides the opportunity for success at all levels from the international to the jogger.

## League

Prizes will be given for the overall league position at the end of the series of races to 1st and 2nd place. All 4 races will count.

## Entry Fee

£10 per club runner, £12 per non club runner. Payment covers all four races.  
£3 a race per club runner, £4 a race per non club runner. Please make cheques payable to Gateshead Council. Please register in advance if possible. Entries will only be accepted using this form.

Name \_\_\_\_\_ Club \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

D.O.B. \_\_\_\_\_ Daytime Tel \_\_\_\_\_ Evening Tel \_\_\_\_\_

Please provide details of previous races (5K, 10K, etc) and current form to enable you to be accurately handicapped. Handicaps are amended after every race.

\_\_\_\_\_ Estimate 5K time \_\_\_\_\_

I am aware of the associated risks involved in undertaking physical exercise and acknowledge that Gateshead Council and their employees cannot be held responsible for any injury incurred.

Signed \_\_\_\_\_ Date \_\_\_\_\_

### For further information contact:

Gateshead International Stadium, Neilson Road, Gateshead NE10 0EF

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