



# HEATON HARRIERS

www.heatonharriers.org.uk



## JESMOND DENE HANDICAP RACES 2012

Under England Athletics rules (Permit No. UKA 2012-103573)

DATE:	MONDAY MAY 7TH	MONDAY JUNE 4TH
	MONDAY JUNE 25TH	MONDAY JULY 30TH

START: 7.30 PM AT THE DENE ENTRANCE ON ARMSTRONG BRIDGE ADJACENT TO BENTON BANK AND THE A1058, COAST ROAD.

COURSE: APPROXIMATELY 5000 METRES (3.1 MILES) OF UNDULATING TARMAC ROADS AND FOOTPATHS WITHIN JESMOND DENE, ARMSTRONG AND HEATON PARKS. COURSE NOT SUITABLE FOR WHEELCHAIRS

REGISTRATION, TOILETS & RACE NUMBERS: 'PEOPLE'S THEATRE', STEPHENSON ROAD, NEWCASTLE UPON TYNE, NE6 5QF ON THE A1058, COAST ROAD. PLEASE REGISTER AT LEAST 30 MINUTES BEFORE RACE START. PLEASE KEEP YOUR RACE NUMBER FOR THE SERIES.  
ENTRIES ACCEPTED AFTER 6:45PM ON THE NIGHT WILL NOT BE HANDICAPPED AND MUST START LAST FROM SCRATCH.

HANDICAPPING: EACH RACE WILL BE HANDICAPPED, GIVING EVERYONE AN EQUAL OPPORTUNITY TO WIN. COMPETITORS WILL START AT STAGGERED TIMES BASED ON THE INFORMATION PROVIDED ON THE OFFICIAL ENTRY FORM. HANDICAP TIMES WILL BE AMENDED ACCORDINGLY IN SUBSEQUENT RACES. COMPETITORS MAY ENTER INDIVIDUAL RACES LATER IN THE SERIES.

PRIZES PRIZES FOR THE FIRST TEN AND FOR THE FASTEST MALE & FEMALE TIME IN EACH RACE.  
PRIZES ALSO FOR THE FIRST THREE IN THE SERIES, BASED ON THE BEST THREE POSITIONS FROM THE FOUR RACES.  
BONUS PRIZE FOR SETTING COURSE RECORDS MALE (C.FRANKS 17.01) & FEMALE (H.DIX 17.49)

ENTRIES TO: GEORGE ROUTLEDGE, 5 ST. HILDAS AVENUE, HOLY CROSS, WALLSEND, NE28 7AB  
ENTRY FEE CHEQUES PAYABLE TO 'HEATON HARRIERS'

ENTRY FEES: POSTAL ENTRIES CLOSE 3 DAYS PRIOR TO EACH RACE

ADVANCE ENTRIES	<u>uk:a CLUB MEMBERS</u>	<u>UNATTACHED</u>
	ENTRY FEE = £5.00	ENTRY FEE = £7.00 (INCLUDES £2 uk:a LEVY)
ENTRIES ON THE NIGHT	<u>uk:a CLUB MEMBERS</u>	<u>UNATTACHED</u>
	ENTRY FEE = £7.00	ENTRY FEE = £9.00 (INCLUDES £2 uk:a LEVY)
	EACH SUBSEQUENT RACE = £5.00 PER RACE	EACH SUBSEQUENT RACE = £5.00 PER RACE

### ENTRY FORM – HEATON HARRIERS JESMOND DENE HANDICAP RACES 2012

FIRST NAME		SURNAME	
ATHLETIC CLUB		Male/Female	M / F
ADDRESS		DATE OF BIRTH	
		AGE	
		ATH LICENCE. NO.	
POST CODE		NB: New distance (approx 5k). Fee enclosed :-	
'PHONE NO.			
E-MAIL ADDRESS . (CAPITALS PLEASE)			

**Declaration** I declare that I am medically fit to run and understand that I participate entirely 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. Minimum age 14 years.

**SIGNATURE (parent if under 18)**

PLEASE LIST YOUR LAST FOUR RACE RESULTS AND BEST 5K/10K TIMES WITHIN THE PAST YEAR.

GIVE ESTIMATED FINISH TIME IF NOT RACED THESE DISTANCES

DISTANCE	TIME	RACE NAME	DATE OF RACE	ROAD, TRACK OR XC
BEST 5K 2011-12				
BEST 10K 2011-12				