

Jarrow & Hebburn A.C. in association with **TRM Ltd**
& **The Cock Crow Inn**
presents the *ALL NEW 2013*



www.temperature-house.com

Cock Crow 5K



http://www.cockcrowinnpub.co.uk/

Under UK Athletics Rules
Licence Number: 2013-9813
Also Junior 2km Fun Run

**** Tuesday 3rd September 2013 ****

2km Junior Fun Run: 6.45pm

Senior Run: 7.15pm (Minimum age 15)



Race HQ – The Cock Crow Inn, Mill Lane, Hebburn, NE31 2EY

An approximate 5K multi-terrain race mainly on footpaths through parkland around Monkton Business Park and The Cock Crow Inn

Prizes for leading Male and Female athletes and also various age groups

Entry Fee Payable to 'Jarrow and Hebburn Athletic Club'

Club: £7.00 Unattached: £9.00 Entries on the night: £10.00

Junior Run: £3.00 Entries on the night: £5.00

Send to: Phil Crowell, 9 Holland Park Drive,
Jarrow, Tyne and Wear, NE32 4LL Tel: 07870 886970

Closing date for postal entries: Saturday 31st August 2013

Surname: _____ Forename: _____

Address: _____

Telephone: _____ Date of birth: _____ Raceday age: _____

Male 2km Fun Run
Female Cock Crow 5K Fee enclosed: _____

Club: _____ NoEAA Reg No: _____

I am an amateur as defined by U.K. athletics laws, and participate in accordance with the rules set out by U.K. athletics. Furthermore I declare I am medically fit to run the above distance and fully understand the organisers will in no way be held responsible for any illness or injury to my person during or as a result of the above event, or loss or damage to my property during the above event.

I understand the organisers reserve the right to cancel the above event at any time.

Signature: _____ Date: _____

Please enclose a self addressed envelope if you would like your number sent out prior to the race