



THE NEPTUNE RELAYS

4 – STAGE RELAYS

HARDWICK COUNTRY PARK, SEDGEFIELD

Competitive Field, Great Atmosphere, Lovely Venue on a Spring Evening

WEDNESDAY 23rd April 2014 START 6.45PM

Open to teams of four runners for teams of Men, Women and Juniors (13+ and U17). Separate trophy for Corporate/Non-club Teams.
 Mixed men's/women's teams not eligible for prizes

Stages of 1.7 miles (approx.) & fully timed over Trails and paths around the Serpentine 'river' and the lake of the historic gem of Hardwick Country Park near Sedgefield.

Registration between 5.30pm and 6.30pm
Marshalled and Signed Course

There are no changing facilities at this event. This is not a UKA registered event and runners take part at their own risk. **£2 per runner to enter.**

For further details e-mail ean.p@sedgefieldharriers.co.uk or call Ean Parsons on 07771 828 568.

Directions: Jnc 60/Bradbury of A1 or Wolviston turn-off of A19, follow A689. From the Sedgefield Racecourse roundabout take the A177 north in the direction of Coxhoe. After 200m turn left into the Hardwick Park visitor centre car park. **Parking (pay & display) is available at the visitor centre and the car park will be open until after the event is completed.** Walk into the park, across the Serpentine Bridge and straight ahead to the Temple on the hill. Start/finish is next to the Temple.

Entry is £2 per runner. Entries on the day are accepted. However, to assist, it would be helpful if you could advise no. of teams in advance. Send details to; Ean Parsons, Sedgefield Harriers, Southdowns, Farfield Manor, Sedgefield. Co. Durham TS21 2NR Or e-mail to ean.p@sedgefieldharriers.co.uk or text to 07771 828 568

Club: _____ or Corporate/non-club Name _____

No. of Men's teams _____ Sen/U17 No. of Mixed teams _____ Sen/U17

No. of Women's teams _____ Sen/U17 **Circle Sen or U17 as appropriate**

No. of Men's teams V50+ _____ No. of Women's teams V45+ _____

Cheque's payable to 'Sedgefield Harriers'. Pay in advance to above or pay on day.

Sedgefield Harriers next events: Gerry Kearsley Summer Handicap Thursday 17th July (provisional) at 18.30, Sedgefield Serpentine Trail Race Sunday 21st September 2013 (provisional). Confirmation at www.sedgefieldharriers.co.uk. Follow us on Twitter at @sedgeharriers