

Exhibition Park 5K Race 2010 ELSWICK CUP

**Wednesday
1 September 2010
7.15pm start**

Entry Fees

- UKA Clubs £10.00
- Unattached £12.00

Prizes supplied by

**START
FITNESS**

Conditions

- Run under UK Athletics Rules.
Licence number 2010101035
- Numbers will be issued on the night.
- Closing date for postal entries **26 August 2010**.
- Late registration up to 6.45pm on the day.
- Entries on the day are subject to a total race limit of 350 entries. We advise early application to ensure your place.

Please note: There is no parking available in the park. Public parking is on Claremont Road.

Participants take part in this event at their own risk. Newcastle City Council shall not be held responsible for any accidents, injury or loss of property whatsoever incurred during this event.



Information about the race

- Start and finish Exhibition Park.
- Limited changing facilities will be available.
- **Goody bags to all finishers.**
- **Senior male, female, vets and club team prizes provided.**
- Organised by Parks & Countryside Service.
For more information please contact Tony Robson or Norman Armstrong on **0191 278 3089**.

Newcastle
City Council 



ENTRY FORM

Course Records
Men - 14.40 mins
Women - 18.01 mins

Entry forms will be accepted on the day (late registration up to 6.45pm) with an extra charge of **£1.00**

Please return form with cheque to:
Newcastle City Council
Parks and Countryside Service
Allendale Road
Byker
Newcastle upon Tyne NE6 2SZ
Tel: 0191 278 3089

Exhibition Park 5K Race 2010 (Elswick Cup)

Surname		First name	
Address			Post code
Tel no.			
UK Athletics Club		Age on race day Must be 16 years or over	
Athletic Reg No.		Male <input type="checkbox"/> Female <input type="checkbox"/>	
Unattached			
Enclosed cheque payable to Newcastle City Council to the value of: £			
Signed:			Date