



Sedgefield Harriers

Running Club Sedgefieldharriers.co.uk

THE NEPTUNE RELAYS

4 - STAGE RELAYS
HARDWICK COUNTRY PARK, SEDGEFIELD

A great team event in a lovely venue on a spring evening

WEDNESDAY 21st APRIL 2010 START 6.45PM

Open to teams of four runners for teams of Men, Women and Juniors (13+)

Stages of 1.7 miles (approx.) & fully timed over a figure of eight route around the Serpentine River and the Lake of the recently restored scenic gem of Hardwick Country Park near Sedgefield.

Registration between 6.00pm and 6.30pm
Marshalled and Signed Course

There are no toilets or changing at this event. Runners enter and run at their own risk. There is no charge to enter.

For further details e-mail ean2005@hotmail.co.uk or call Ean Parsons on 07771 828 568.

Directions: From the A1 take junction 60 at Bradbury, from the A19 take the Wolviston turn off. From the A689 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 is available at the new 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. The start/finish is next to the Temple. Note that you are welcome to join us for a drink in Ceddesfeld Hall in Sedgefield after the event.

There is no entry fee and entries on the day are accepted. However, to assist with admin. it would be a help if you could advise entries/teams in advance. Send details to; Ean Parsons, Sedgefield Harriers, 11 Hadleigh Close, Sedgefield. Co. Durham TS21 2JL

Runner 1 _____

Runner 3 _____

Runner 2 _____

Runner 4 _____

Category of Team: M/F _____ Vet Cat: eg 35/40/50/55 etc. _____

Sedgefield Harriers next events: Gerry Kearsley Handicap Thursday 22nd July at 18.30, Sedgefield Serpentine Trail Race Sunday 12th September 2010 (provisional). Confirmation at www.sedgefieldharriers.co.uk.