



TOWN MOOR MEMORIAL 10k ROAD RACE + JUNIOR RACES

Sunday November 14th 2010 11.00am

Traffic free course on footpaths around Newcastle's Town Moor. Start/Finish in Exhibition Park. Race HQ @ Exhibition Park Cafe
Extensive prize list, please see Heaton Harriers website for full race details and parking information.
£100 cash bonus for breaking 10k course record

One minute silence to precede the main race

TIMETABLE OF EVENTS (all Junior race ages are as at 31/08/10)			DISTANCE	ENTRY FEE	10K COURSE RECORDS
A	9.50am	'Mini Minor' Under 11 boys/girls (minimum age 9 on 08/08/09)	Approx 1km	£1.00	MEN 30.04 Jonathan Taylor Morpeth Harriers 2010 WOMEN 36.25 Claire Simpson Chester le Street 2010
B	10.00am	JUNIOR RACE: Under 13 boys/girls (minimum age 11 on 08/08/09)	3km	£1.00	
C	10.15am	JUNIOR RACE: Under 15 boys/girls	3km	£1.00	
D	10.30am	JUNIOR RACE: Under 17 men/women & Under 20 men/women	5km	£1.00	
E	11.00am	MAIN RACE: Senior/veteran men/women	10km	£5 att / £7 unatt	

ENTER ONLINE

www.raceentry.co.uk/heaton10k

ENTRY FEES

Club Runners: £5.00

Unattached £7.00

Entries on day +£1 Junior / +£2 Senior

Postal entries to: Race Secretary, Flat 3, 31 Osborne Avenue, Jesmond, Newcastle, NE2 1JR

Closing date 3rd November 2010. Race numbers will be posted prior to the event. Please make cheques payable to HEATON HARRIERS.

First Name	Address
Surname
Phone	Postcode
DOB	NoEAA No
Age on 14/11/2010	Club
Email	Signature
Event (A, B, C, D, E)	Male/Female

Parent or guardian if young athlete under 16

I declare that I am medically fit to run and understand that I participate 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.