

**HEATON HARRIERS****TOWN MOOR MEMORIAL 10k ROAD RACE**

plus Junior Races & 'mini-minor' Fun Run  
**Sunday 13th November 2011 11:00am**



**mincoffs**  
 Solicitors LLP

Kindly supported by:  
 \*Mincoffs Solicitors LLP, Jesmond,  
 Newcastle upon Tyne (0191 212 7706)  
 \*Start Fitness, Pilgrim Street, Newcastle  
 upon Tyne (0844 848 8803)

**START**  
 FITNESS

Timetable of races

EVENT	EVENTS	DISTANCE	START	ENTRY FEE
<b>A</b>	"Mini-minor" Under 11 boys/girls (minimum age 9 on 13/11/11) <u>Junior races</u>	Approx 1km	9:50am	£1.00
<b>B</b>	Under 13 boys/girls (minimum age 11 on 14/11/11)	3 km	10:00am	£1.00
<b>C</b>	Under 15 boys/girls	3 km	10:15am	£1.00
<b>D</b>	Under 17 men/women & Under 20 Junior men/women	5 km	10:30am	£1.00
<b>E</b>	<u>Main race</u> Senior/veteran men/women	10 km	11:00am*	£5.00 club runners £7.00 unattached

*\*At 11:00am observance of one minute silence for Remembrance Sunday will precede the main race*

...Course is scenic and traffic free on footpaths around the Town Moor with start/finish in Exhibition Park.

■ Ample local car parking in Claremont Road and nearby Brandling Park, no public parking in Exhibition Park.

■ Late entries: Race HQ: Exhibition Park Cafe, Claremont Road, Newcastle upon Tyne, NE2 4PZ.

■ Boys and girls, Junior men and women under 20 - race age as at 31 August 2011.

■ Entries accepted from 09:00 am on the day: seniors £2.00 extra & young athletes £1.00 extra (eligible for prizes).

■ Extensive prize list for all categories, further details on club website [www.heatonharriers.org.uk](http://www.heatonharriers.org.uk). Enter online at [www.raceentry.co.uk/heaton10k](http://www.raceentry.co.uk/heaton10k). No runner may claim more than one individual prize. Gift for all mini-minor finishers.

■ **For main race, additional £100 cash bonus prize(s) if new men and/or women course record(s) are set**

■ Existing course records: Senior/Veteran Men: Jonathan Taylor Morpeth Harriers 30:04 (2009)

Senior/Veteran Women: Clare Simpson, Chester le St AC 36:25(2009)

■ Send completed forms and cheque for entry fee payable to 'Heaton Harriers' with a **stamped self addressed reply envelope** to: **Race Secretary, Flat 3, 31, Osbourne Avenue, Newcastle upon Tyne, NE2 1JR**

■ **Postal entries close on Sunday 7th November 2011**, race numbers will be posted week prior to the event.

**ENTRY FORM - HEATON HARRIERS 2011 MEMORIAL TOWN MOOR RACES**

<b>FIRST NAME</b>		<b>SURNAME</b>			
<b>CLUB/Unattached</b>		<b>Male/Female</b>	M / F	<b>Date of Birth</b>	/ /
<b>ADDRESS</b> (including post code)		<b>AGE on day of race:</b>		<b>VETS AGE GROUP</b>	
		<b>EVENT</b> A, B, C, D, E		<b>Athletics Reg. No.</b>	
<b>E-MAIL ADDRESS</b>	Capitals please:-				
<b>TEL. NO.</b>					
<b>Declaration</b> I declare that I am medically fit to run and understand that I participate entirely at my own risk. I accept that the organisers shall not be liable or responsible for any accidents, damage or injury sustained to my property or to me as a consequence of my participation in this event.			<b>SIGNATURE</b> (parent or guardian if young athlete under age 16)		