



# Heaton Harriers

www.heatonharriers.org.uk

**QUORUM**  
BUSINESS PARK

# MEMORIAL 10k ROAD RACE

## + Junior Races and 'Mini-Minor' Fun Run

### Sunday November 13th 2016 11.00am

Traffic free course on footpaths around Newcastle's Town Moor. Start/Finish on Town Moor.  
Race HQ @ Royal Grammar School, Brandling House, Lambton Road, Jesmond, Newcastle upon Tyne, NE2 4DX.

Extensive prize list, please see Heaton Harriers website for full race details and parking information.  
£200 mens and ladies winning time bonuses available. All races to be chip timed including junior events.



One minute silence to precede the main race

TIMETABLE OF EVENTS (all Junior race ages are as at 31/08/16)

		DISTANCE	ENTRY FEE	WINNING TIME BONUS
A	9.30am 'Mini Minor' Under 11 boys/girls (minimum age 9 on 13/11/16)	Approx 1km	£3.00	MEN
B	9.40am JUNIOR RACE: Under 13 boys/girls (aged 11 & 12 on 31/08/16)	3km	£3.00	SUB 29.32 Winning time
C	9.55am JUNIOR RACE: Under 15 boys/girls (aged 13 & 14 on 31/08/16)	3km	£3.00	£200 Bonus
D	10.10am JUNIOR RACE: Under 17 men/women & Under 20 men/women u17 aged 15 & 16 on 31/08/16. u20 aged 17, 18 & 19 on 31/08/16	5km	£3.00	WOMEN
E	11.00am MAIN RACE: Senior/veteran men/women	10km	£10 att / £12 unatt	SUB 34.04 Winning time
				£200 Bonus

ENTER ONLINE

# www.raceentry.co.uk/heaton10k

### ENTRY FEES

Club Runners: £10.00

Unattached £12.00

Entries on day +£1 Junior / +£3 Senior

Postal entries to: Race Secretary, 40, Netherwitton Way, Gosforth, Newcastle upon Tyne, NE3 5RP

Closing date 10th November 2016. Race numbers to be collected on the day Please make cheques payable to HEATON HARRIERS.

First Name .....

Address .....

Surname .....

Phone .....

Postcode .....

DOB .....

UK License No .....

Age on  
13/11/2016 .....

Club .....

Email .....

Signature .....

Parent or guardian if young athlete under 16

Event ..... Male/Female .....

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.