



The North East's Premier 10 mile Road Race

# 24<sup>th</sup> Tynedale 10 Mile

## Jelly Road Race

sponsored by



HEXHAM TO OVINGHAM

Incorporating the NECAA and VAANE 10 mile championships

Held under UK Athletics rules

Licence No 2012-103431

Supported by Tyne Valley Coaches

# Sunday 2<sup>nd</sup> September 2012 at 11 am

### Extensive Prize List

#### RACE ENTRY LIMIT 700. NO ENTRIES ON THE DAY.

- Undulating, scenic, rural route through beautiful Northumberland, mostly on closed roads (approx 8 ½ out of the 10 miles) Start at Hexham – 10 minutes from Wentworth Leisure Centre
- Transport from Ovingham to Hexham at 9am and 10am **£3 which must be booked and paid for in advance with entry**
- Baggage transport to finish at Ovingham Middle School with changing facilities and free car park (note : exit from car park is restricted until 12.45 due to runners finishing)
- Free Jelly and sandwich to all runners – refreshments for families available to buy.
- Only one prize per runner and team prizes. Club vests must be worn for team prizes.
- **Closing date for entries: 20<sup>th</sup> August 2012. NO ENTRIES ON THE DAY.**
- Entry fees: Club runners £10 – Unattached £12
- For entry into both Tynedale 10K (form on the reverse) and the Jelly Race 10 mile the joint entry fee for one person is £18 (club runners) or £22 (unattached).
- Send 9x5 SAE for race number (2 SAEs for 2 race entry) which will be sent out approx 2 weeks before the race.
- For further details on Tynedale Harriers – training, social and membership – see tynedaleharriers.com
- The VAANE championships are only open to paid-up members of VAANE. Membership numbers must be quoted.

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Please enter me for the TYNEDALE 10 MILE JELLY ROAD RACE (Tick for VAANE entry .....

NAME.....MALE/FEMALE

ADDRESS.....

.....TELEPHONE.....

AGE ON 2/9/12.....(Runners must be 16 or over on 2/9/12)

CLUB(if any, for which I am/am not eligible for team competition).....

England Athletics Registration number ..... (VAANE number .....

I enclose entry fee - £10 club member £12 unattached plus £3 bus fee if required

2 race entry fee - £18 club member or £22 unattached plus £3 bus fee if required TOTAL .....

Transport required (**£3 to be paid with entry**) : 9am ..... 10 am ..... **Please tick as required**

PLEASE RETURN WITH CHEQUE/PO PAYABLE TO **TYNEDALE HARRIERS & AC** and 9"x5" SAE (2 SAEs for 2 race entry) to HUGH BINGHAM, 29 BISHOPTON WAY, HEXHAM NE46 2LR. **Closing Date 20<sup>th</sup> August**

I am an amateur as defined by UK Athletics Rules and intend to run this event at my own risk

Signed .....

Date .....