



Heaton Harriers

Visit our web site:
<http://www.heatonharriers.org.uk>

Hon. President
George Routledge

Chair
Jason Wall

Hon. Secretary
Dave Brignall

Treasurer
Jeremy Smith

Heaton Memorial Road Races 2025

Incorporating: the NECAA 10K Championships 2025, the NEMAA 10K Championships 2025 and the British Masters Athletics Federation 10K Championships 2025

We strongly recommend that ALL entrants who will be aged 35 and over on race day, read this prospectus IN FULL before entering the Heaton Memorial Road Races to ensure that entries are made the correct way and within the required timescales.

Junior Road Races

- U11 mini-minor (1KM) for athletes aged U11 on 31/08/2025 – minimum age 9 on 9/11/2025
- U13 (3K) for athletes aged 11 or 12 on 31/08/2025
- U15 (3K) for athletes aged 13 or 14 on 31/08/2025
- U17 (5K) for athletes aged 15 or 16 on 31/08/2025
- U20 (5K) for athletes aged 17, 18 or 19 on 31/08/2025

Prizes will be awarded for athletes placed 1st, 2nd and 3rd. Prizes will be awarded to the 1st team for ages U13, U15 and U17/U20 (teams of 3). Team prizes for the U17/U20 races will combine both age cohorts.

Please enter the Junior Races using the Juniors Only link on the Timing up North website.

Heaton Memorial 10K incorporating the NECAA 10K Championships (non-masters entry)

Entrants for the Heaton Memorial 10K **who are not entering the Masters competitions** should enter through the 10K entry link on the Timing Up North website.

Individual prizes will be awarded by Heaton Harriers to the first 6 placed athletes and also age / sex related prizes in the categories Senior (34 and under) and in 5 year age bands: V35; V40; V45; V50; V55; V60; V65; V70; V75; V80 (and beyond if there are entries). Age category prizes will be awarded to the first 3 finishers in each category.

Individual prizes will be awarded by North Eastern Counties Athletics Association (NECAA) to the first three finishers in the race (male and female) who qualify for NECAA in accordance with the NECAA qualifications rules which are available on both the Timing Up North and Heaton Harriers websites.

Team prizes will be awarded by Heaton Harriers to the first three club teams (male and female) with points calculated based upon finishing position in the separate male and female races. Teams will be made up of 4 athletes per team and will be the first 4 finishers for each club (no pre-race declarations are required). Clubs will be eligible to win more than one team prize in each race. Team members must all be 1st claim.

Members of:

North of England Athletic
Association

North Eastern Counties
Athletic Association

North Eastern Harrier
League

North East Youth
Development League

On-line entries will close once the maximum number of entries has been reached or at 7am on Friday 7 November 2025 whichever is the earliest. Entries may be available on the day if the entry limit is not reached but we would strongly recommend early entries given the expected higher entry numbers this year.

Heaton Memorial 10K incorporating the NEMAA 10K Championships and the British Masters Athletics Federation (BMAF) 10K Championships

Entrants for the Heaton Memorial 10K **who are entering the Masters competitions** should enter through the 10K entry link on the Timing Up North website.

Qualification for entry into the Masters Races can be through either one of two routes:

1. Through being a member of British Masters through affiliation via the athlete's local Masters association, for example, by being a member of NEMAA;
2. For athletes who are not members of British Masters / their local Masters association, entries will be accepted for the 2025 BMAF 10K Championship Race through the payment of a £5 levy which can be paid on entry via the Timing Up North website.

Athletes who enter the BMAF through payment of the £5 levy and would qualify for NEMAA membership will also be entered into the NEMAA 10K championships.

In relation to BMAF, medals will be awarded by BMAF to the first 3 placed qualifying athletes in age / sex band categories: V35; V40; V45; V50; V55; V60; V65; V70; V75; V80 (and beyond if there are entries).

In relation to NEMAA, medals will be awarded by NEMAA to the first 3 placed qualifying athletes in age / sex band categories: V35; V40; V45; V50; V55; V60; V65; V70; V75; V80 (and beyond if there are entries).

Entries for BMAF and NEMAA races will close strictly at 7am on **Monday 27 October 2025**. No further entries will be accepted from either existing Masters members or entrants paying the levy to enter after this time.

Team medals will be awarded by BMAF to the first team in each of the following 10 year age categories: V35-44; V45-54; V55-64; V65-74; V75-84 (and beyond if there are entries). The following rules will strictly apply:

- **Teams of 3 to be declared by clubs by 7am Friday 7 November** – no changes after the declaration cut off will be permitted – declarations to be made by email only to jason.wall@knightfrank.com ;
- If a club has 3 or more runners in a particular age category, teams must be declared from those runners;
- If a club has fewer than 3 runners in a particular age category, runners from an older category can be declared to form a team within the age / sex category of the youngest team member;
- Results will be determined based upon the cumulative time of all 3 team members (not race position);
- Entrants who enter the Masters competition through payment of the levy will qualify for team medals;
- Clubs will be eligible to win more than one team prize in each age category;
- Team members must all be 1st claim.

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