



Heaton Harriers

www.heatonharriers.org.uk



WOMBLE
BOND
DICKINSON

MEMORIAL 10k ROAD RACE

"Incorporating the 2022 North Eastern Counties Athletics Association and the North East Masters Athletics Association Men's and Women's 10K Road Racing Championships."



+Junior Races and 'Mini-Minor' Fun Run Sunday November 13th 2022-11:00



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 minutes silence to precede the main race



Memorial Races Medals for all

TIMETABLE OF EVENTS			DISTANCE	ENTRY FEE	WINNING TIME BONUS
A	9:30	'Mini Minor' Under 11 boys/girls (minimum age 9 on 13/11/22)	Approx 1km	£5.00	Men SUB 29.32 Winning time £200 Bonus
B	9:45	JUNIOR RACE: Under 13 boys/girls (aged 11 & 12 on 31/08/22)	3km	£5.00	Women SUB 34.04 Winning time £200 Bonus
C	10:00	JUNIOR RACE: Under 15 boys/girls (aged 13 & 14 on 31/08/22)	3km	£5.00	
D	10:15	JUNIOR RACE: Under 17 men/women & Under 20 men/women	5km	£5.00	
E	11:01	MAIN RACE: Senior/veteran men/women	10km	£17.00att / £19.00un	

ENTER ONLINE

<https://entry.eventsupnorth.co.uk/races/rqrgy>

ENTRY FEES

Club Runners: £17.00

Unattached: £19.00

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 2022. Race numbers to be collected on the day. Please make cheques payable to HEATON HARRIERS

I am eligible for the NEMAA 10K Championships (must be NEMAA member)

I am eligible for the NECAA 10K Championship (see qualification criteria)

First Name

Address

Surname

Phone

Postcode

DOB

Licence No

Age on
13/11/22

Club

Email

Signature

Parent or guardian if young athlete under 16

Event Male/Female
(A,B,C,D,E)

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.