



Heaton Harriers

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

Hon. President	Chair	Hon. Secretary	Treasurer
George Routledge	Jason Wall	Alex Henry	Jeremy Smith

Heaton Memorial Road Races 2026

Incorporating: the NEMAA 10K Championships 2026 and the inaugural NECAA Junior 3K Championships 2026 (for U12, U14, U16, U18)

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

- U10 (1K) for athletes of school years 3 & 4
- U12 (3K) for athletes of school years 5 & 6
- U14 (3K) for athletes of school years 7 & 8
- U16 (3K) for athletes of school years 9 & 10
- U18 (3K) for athletes of school years 11 & 12

Prizes will be awarded for athletes placed 1st, 2nd and 3rd. Prizes will be awarded to the 1st teams for ages U12, U14, U16 and U18 (teams of 3 – separate male and female teams).

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

Heaton Memorial 10K (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.

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.

On-line entries will close once the maximum number of entries has been reached or at 7am on Friday 6 November 2026 whichever is the earliest. Entries may be available on the day if the entry limit is not reached.

Members of:

North of England Athletic
Association

North Eastern Counties
Athletic Association

North Eastern Harrier
League

North East Youth
Development League

Heaton Memorial 10K incorporating the NEMAA 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 NEMAA Masters Races is solely by being a fully paid-up member of NEMAA. This will be checked before hand and any person who enters as a NEMAA member but who is not a fully paid-up member will not be included in the NEMAA Championships 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 the NEMAA races will close strictly at 12 midnight on **Saturday 31 October 2026**. No further entries will be accepted from either existing Masters members after this time.

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