

Terms and Conditions 2026

Each entrant must agree to the below terms & conditions:

1. The Race is organized by Heaton Harriers and AC under UKA laws (UKA Road Race License number **pending**).
2. Each entrant accepts that the organizers of the Heaton Memorial Road Races will not be liable for any loss, damage, action, claim, costs or expenses which may arise in consequence of their participation in this event.
3. Participants must not compete in the race if they are not in good health and will compete at their own risk.
4. Participants agree to have personal details stored on computer for entry processing.
5. We regret that all entry fees are non-refundable and may not be deferred towards a future event.
6. Heaton Harriers and AC retain the right to refuse entry to anyone.
7. Participants must be capable of completing the full distance, start line to finish line. The Heaton Memorial Road Race is a serious road race run under UK Athletics rules and not a sponsored walk: we will not accept entries from people who intend to walk.
8. Competitors in the 10K must be 16 years or over on 08/11/2026.
9. On race day, participants must follow all instructions given from the event organizers, marshals, event officials, police, fire and ambulance / medical operatives throughout the duration of the event.
10. Failure to follow event rules/ event official's instruction may result in disqualification, loss of prize money and removal from official results.
11. Race numbers and timing chips will be available for collection from Race HQ at Royal Grammar School, Brandling House, Lambton Road, Jesmond, Newcastle upon Tyne, NE 4DX from approximately 8:30am on Sunday 8 November 2026 for the 10K. No numbers or timing chips will be posted out.
12. Race numbers must be worn on the front of your running vest or t-shirt and must not be cut, folded or altered in any way.
13. The race starting area is approximately 500m from Race HQ and all competitors should ensure that they have sufficient time to reach the start in good time. There will be signs indicating the start area. Please follow marshal instructions when accessing start area.
14. A limited number of entries may be available on 8 November 2026 only if the event is not sold out prior. The Late Entries desk will close at 10:30 prompt unless sold out prior. We would recommend that competitors enter on-line as soon as possible.
15. A full prize list is published on the Heaton Harriers website.
16. NECAA, NEMAA prizes and medals will be awarded separately to the Heaton Harriers Memorial Prizes and are only open to those individuals who fulfill the qualifying criteria of each organisation – please see the NECAA, NEMAA and qualification requirements on the event page.
17. NEMAA prizes will be awarded separately to the Heaton Harriers Memorial Prizes and are only open to NEMAA members.

18. A series of Junior Races will take place prior to the main 10K event as advertised on the entry form and the Heaton Harriers Website. This year the 3k races will be the NECAA championship races. Please consult age category information carefully.
19. Race Numbers must only be worn by the original entrants.
20. The official 10K race will start after the traditional two minutes silence which will happen at 11:00am. All competitors, spectators and guests are asked to respect the 2 minutes silence and strictly adhere to it.
21. Running with dogs, prams, pushchairs or similar items is not permitted.
22. Baggage and personal effects may be left at Race HQ at the owner's risk. Members of the race organizer's team will be at Race HQ at all times however there is no official manned storage baggage area.
23. The wearing of musical devices such as Ipods and over-ear headphones is strictly prohibited.
24. Team prizes will be awarded to the first four male and female club teams, first claim clubs only.