



HARTLEPOOL MARINA 5 MILE ROAD RACE



In association with
Hartlepool Burn
Road Harriers

In Celebration of The Tall Ships Races
– Hartlepool 2010

Sunday 28th March 2010
10.30am Start

Under UK Athletics Rules

A fast and flat 5 mile course starting and
finishing at Hartlepool's Maritime
Experience

Race Limit – 400
Please apply early to
secure your place

Licence Number Applied For



NOTE TO COMPETITORS

1. Carefully fill in all sections of the entry form in ballpoint pen and send with the correct fee to the address below:

**Hartlepool Borough Council
Sports Development
Suite 7 Municipal Building
Church Square
Hartlepool
TS24 7EQ**

2. Cheques should be made payable to 'Hartlepool Burn Road Harriers'. A 6" x 4" SAE should be sent with entry forms.
3. Race numbers will be sent out approximately two weeks prior to the event.
4. For entries received less than 5 days before the start of the event the race numbers will be available on the day of the event.
5. Late entries on the day will be accepted for an additional fee of £1. Entries on the date will be eligible for prizes.
6. Minimum Age of 16 years on the day.
7. For enquiries please contact Sports Development on 01429 284049 or email emma.surrey@hartlepool.gov.uk
8. Parking for the event will be at the designated parking area for Hartlepool's Maritime Experience. Additional parking on the day will be available on Maritime Avenue.
9. The first 900m of the race is held on residential roads. Runners should take care along these roads and obey the instructions of the marshals at all times.
10. The run along the promenade is traffic free however care should be taken to avoid other pedestrians and obstructions such as litter bins.
11. Changing and late registration will take place on the PSS Wingfield Castle. A cafeteria will be open on board for the sale of hot and cold drinks.
12. The presentation, to be held on board the PSS Wingfield Castle will take approximately 1 hour after the last runner (12.15pm)





FIVE MILE ROAD RACE

CONTACT DETAILS

Name: Male / Female:

Date of Birth: Age on Race Day:.....

Address:

..... Postcode:

Contact Number: Email:

UKA Affiliated Club:

UKA Membership Number:

ENTRY FEE

Club Member - £8 Unaffiliated - £10

Add £1 for entry on day

Postal Results add 50p (Results will also be available on the day)

Total Entry Fee Enclosed: £.....

I declare that I am an amateur as laid down by UK Athletics Rules. I am medically fit to take part in this race. I understand that the organisers will in no way be held responsible for any injury, illness or losses due to my participation in this race.

Signed:

Please make cheques payable to 'Hartlepool Burn Road Harriers'

Please enclose 6" x 4" SAE with entry fee



PRIZE LIST
(Subject to Entries)



Males

First 5 Males

1st Vet – 0/40, 0/45, 0/50, 0/55, 0/60, 0/65, 0/70, 0/80

Females

First 5 Females

1st Vet – 0/35, 0/40, 0/45, 0/50, 0/55, 0/60, 0/65

Bottle of Wine to all 0/65 Female & 0/70 Male finishers

Team Prize

1st three to count (Male and Female)

Competitors will be eligible for more than one prize

Course Record

£75 Bonus for Male and Female course record
(sponsored by F Peart & Company)

Male - 23.22 (Ricky Stevenson, 2009)

Female - 28:45 (Bernadette Taylor, 2005)

