



SALTWELL HARRIERS

Since 1890

The Ronnie Walker Saltwell 10K

England's Oldest Road Race

Saturday 17th December 2011
12.30pm

A classic course, suitable for
all runners, plus Junior Races
in Saltwell Park,
starting at 11.30am

Race Licence Number 2011-102766
Run under UK Athletic Rules



Supported by



In 2011 you can help support



Entry Form

Please complete the form below and send with entry fee to:

Phil James
8 Birkdale, Usworth,
Washington NE37 1PQ

Closing date:

Friday 9th December 2011 Entry limit 400

Entry Fee

U13/15 Girls/Boys	£2.00	
U17 Women /Men	£2.00	
10K Race	UK Athletics Club Runners	£10.00
	Unattached	£12.00
	Students	£5.00 - SU Card

*You can download entry forms from www.saltwellharriers.org.uk and www.realbuzzrunbritain.com
- entry fee must be received by the closing date.*

Cheques made payable to 'Saltwell Harriers'.

Note: Entries on the day will be charged £1.00 extra and are eligible for prizes.

Collect your number at registration on the day of the race.

Race numbers are not posted.

First Name	Surname	M/F
Date of Birth	Race Age	
Home Address		
Post Code	Tel No.	
Name of Club or state, if unattached	England Athletics No.	
Enclosed entry fee £	Charity Donation £	Tick for Gift Aid <input type="checkbox"/>
Total Enclosed £		

Please tick box

	10K									
	U13	U15	U17	Senior	V35	V40	V45	V50	V55	V60+
Female	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Male	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Declaration: I hereby declare that the above details are correct and that I shall abide by the decision of the event officials. I accept that the organisers shall not be liable for any accidents, injury, loss or damages as a consequence of my training for or participating in any of the Saltwell Races 2011.

Please Sign **Date**

(Under 18's must have parental/guardian consent)

Race Information

The Saltwell Road Race is England's Oldest Road Race and attracts runners of all abilities as well as some of the region's top runners.

In 2011 you can help support 'COCO' while you run. You can make a donation with your entry fee, minimum 50p.

Last year you helped raise £300.00 for 'Help for Heroes'.

Further details, course map and entry form available at:

www.saltwellharriers.com

Prizes

Cash prizes to the value of £680

1st Man & Woman £100 each

Vets prizes will be awarded to the higher value

1st U17 Male and Female £15 voucher

All 10K finishers will receive an engraved glass and a whisky miniature

All prizes must be claimed on the day

U17, U15, U13 will receive a goody bag

Teams

Senior Men 1st & 2nd

Vets Men 1st

Senior Women 1st

Teams consist of 3 runners

Teams position will be the aggregate finishing position

Additional prizes will reflect the number of entries

The Course

A traffic free route for the 10K with a finish in Saltwell Park.

All Junior Races will be held within Saltwell Park.

(Under 18's must have parental/guardian consent)

Swim & Sauna

Why not enjoy a post race swim and sauna at Gateshead Leisure Centre for ONLY £1.00 on production of your race number. Offer is only available on the day of the race.

Timetable of Races

Saturday 17th December 2011

Races:

U13 Girls/Boys	1.5 miles	11.30am
U15 Girls/Boys	1.5 miles	11.45am
U17 Girls/Boys	3 miles	12.00 noon
Seniors/Vets	10K	12.30pm

Main 10K race starts at the south end of East Park Road with the finish in Saltwell Park.

U13, U15 and U17 races start and finish in Saltwell Park.

Collect your race number at registration.

All race registration will be in Saltwell Park.

There will be changing facilities available at Gateshead Leisure Centre.

Presentation will be held in Saltwell Park.

In line with the recommendation in the Athletics Welfare Policy, the promoters of this event request that any person wishing to engage in any video, zoom or close range photography should register their details with staff at race registration before carrying out any such photography.

Acknowledgements

Gateshead Council, St John Ambulance and Up & Running.

All race officials and marshals.



Date for your diary

Saltwell Harriers Fell Race

5 miles, 1000ft. Near Stanhope, Co. Durham

Tuesday 3rd July 2012 7.30pm. Entry on the night £5.00

Saltwell Harriers wish all runners, officials, marshals and spectators a Merry Christmas and a Happy New Year