



SALTWELL HARRIERS

Since 1890

The Ronnie Walker Saltwell 10K

England's Oldest Road Race

Saturday 21st December 2013
11.30am

A classic course, suitable for all runners.

Race Licence Number 2013-10226
Run under UK Athletic Rules

Course Accuracy
Certificate No. 07/053

Supported by



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In 2013 you can help support

Emmanuel House

A holistic therapy centre in Gateshead
for people with cancer

Entry Form

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

Phil James

8 Birkdale Close, Usworth,
Washington NE37 1PQ

Closing date:

Monday 16th December 2013 Entry limit 400

Entry Fee

10K Race

UK Athletics Club Runners £13.00

Unattached £15.00

You can download entry forms from www.saltwellharriers.org.uk and and you can enter online at www.runbritain.com – entry fee must be received by the closing date.

Cheques made payable to 'Saltwell Harriers'.

Note: Entries on the day will be accepted if the entry limit is not reached and will be charged £2.00 extra and are eligible for prizes. Check Saltwell Harriers website to see if entry limit has been reached. 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		
email		
Post Code	Tel No.	
Name of Club or state, if unattached	England Athletics No.	
Enclosed entry fee £	Charity Donation £	Tick for <input type="checkbox"/> Gift Aid
Total Enclosed £		

Please tick box

Please tick box

10K						
Senior	V35	V40	V45	V50	V55	V60+
Female						
Male						

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 2013.

Please sign Date

Race Information

Race starts at the south end of East Park Road at 11.30am.

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 at race registration in Saltwell Park.

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 2013 you can help support 'Emmanuel House' while you run. You can make a donation with your entry fee, minimum 50p. Last year you helped raise £150.00 for 'COCO'.

Further details, course map and entry form also available online at:

www.saltwellharriers.org.uk

Prizes

Prize money will reflect race entries.

1st Man and Woman £100 each.

Vets prizes will be awarded to the higher value.

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

All prizes must be claimed on the day.

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 3 lap marshalled traffic free route finishing by the lake in Saltwell Park.

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.

Acknowledgements

Gateshead Council, St John Ambulance, Dougal & Railton Ltd., Northern Print Solutions

All race officials and marshals.



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We would love to show you **a true North East welcome**

Date for your diary

Saltwell Harriers Fell Race

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

Tuesday 1st July 2014 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

www.saltwellharriers.org.uk