



SALTWELL HARRIERS

Since 1890

The Ronnie Walker Saltwell 10K

England's Oldest Road Race

Saturday 22nd December 2018
11.30am

Race sponsor

ESTD



1905

Race Licence Number 2018 - 33599
Run under UK Athletic Rules

Course Accuracy
Certificate No. 16/474

Supported by

£1 from every entry fee will go towards supporting these two charities



Entry Form

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

Jim Thompson

9 Oakwood Avenue, Low Fell,
Gateshead NE9 6PR

Closing date:

Monday 17th December 2018

(Unless entry limit is reached before this date)

Entry limit 400

Entry Fee

10K Race

UK Athletics Club Runners £17.00

Unattached £19.00

You can download entry forms from www.saltwellharriers.org.uk 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 (must be 18 on day of race)	
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

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

Runners **MUST** be aged 18 on the day of the race.

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 2018.

Please sign Date

Race Information

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

Collect your race number at registration in Saltwell Towers.

All race registration will be in Saltwell Park.

Presentation will be held at race registration in Saltwell Towers.

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 2018 you can help support 'Cedar Kestrels' & 'Gateshead Older People's Assembly' while you run. £1 from every entry fee will be donated and shared between these charities.

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

www.saltwellharriers.org.uk

Prizes

Prize money will reflect race entries

Cash prizes for the first 8 men and women

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 & 2nd

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

Course Records

Men – Ryan McLeod 30.57 (2011) : Women – Rosie Smith 35.05 (2014)

Acknowledgements

Gateshead Council, St John Ambulance, Fentimans and all race officials and marshals.

We are grateful to Fentimans for sponsoring this race

ESTD



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BOTANICALLY BREWED BEVERAGES?

Fentimans have been making natural botanical drinks
for over 100 years.

Our artisanal drinks are brewed for 7 days
using the time-honoured botanical brewing process.
The result is a superior drink that tastes simply delicious.

Date for your diary

Saltwell Harriers Fell Race

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

Tuesday 2nd July 2019 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