

# NORMAN WOODCOCK MEMORIAL ROAD RACE (5 MILES)

Promoted by **ELSWICK HARRIERS**

Licence No.20090986

Venue: **High Gosforth Park, Newcastle upon Tyne**

Date: **SATURDAY 5<sup>TH</sup>.DECEMBER 2009 Start-2:00.p.m.**

This is a mainly flat course incorporating two laps of the ambulance Track inside the racecourse, but entirely on roads.

The Race H/Q is opposite the Border Minstrel Public House in High Gosforth Park.

**There are limited changing facilities, but ample parking and Refreshments available.**

## **PLEASE NOTE:NO PARKING ON RACE ROUTE.**

**Fees: £5.00-Club Athletes      £7:00-Unattached.**

**LATE ENTRIES ON DAY UP TO 1:30.P.M. £ 2.00 Extra.**

**Closing Date for postal entries: Thursday 26<sup>th</sup>.November 2009.**

**\*(Please enclose a 9" x 5" S.A.E. for race numbers) \***

Runners must be over 16 years of age on day of race

PRIZES: Seniors, Veterans & Team Awards Men's and Women's ( 3 to count )

NAME:.....

ADDRESS:.....

TEL.NO:.....

.AGE ON DAY OF RACE:.....

CLUB:.....

ENGLAND ATH.REG No.....

Entries to:

**F.Watson,224,Newburn Road, Throckley, Newcastle upon Tyne NE15 9AE.**

**Race Enquiries-0191-2673088. or mobile 07940482180**

Fees payable to **ELSWICK HARRIERS.**

**All Runners compete at own risk and the organisers can accept no Responsibility for any illness or injury.**

Signature.....Date:.....

