



HEATON HARRIERS AC

<http://www.heatonharriers.org.uk>

Under UKA Rules
Permit No: 8194

Anita Nott Womens Only Jesmond Dene Run

Monday July 9th 19.30

Approx 5.4km course through Jesmond Dene, Armstrong and Heaton Parks

Start and finish at the Jesmond Dene entrance of Armstrong Bridge. Parking available locally. Race headquarters and post race presentations will be at the Corner House Pub, Coast Road/Heaton Road.

ENTER ONLINE

www.raceentry.co.uk/heaton

ENTRY FEES

Club Runners: £7.00

Unattached/Fun Runners £9.00

Entries on day +£2

Postal entries to: Race Secretary, Flat 3, 31 Osborne Avenue, Jesmond, Newcastle, NE2 1JR. Please enclose an SAE.
Closing date 4th July 2007. Race numbers will be posted prior to the event. Please make cheques payable to HEATON HARRIERS.

First Name

Address

Surname

.....

Phone

Postcode

DOB

NoEAA No

Age on
09/07/2007

Club

Email

Signature

I declare that I am medically fit to run and understand that I participate at my own risk. I accept that the organisers shall not be liable or responsible for any accidents, loss, damage or injury sustained to my property or to me as a consequence of my participation in this event.

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