



# Houghton Harriers & AC

## Hetton 10k Multi Terrain Race

Sunday 31<sup>st</sup> August 2008. Starts at 11:00

*Under UK Athletics Rules PERMIT No. 10729*

The one lap course (10,346 m) is multi terrain using country paths and tracks. Starting and finishing at the picturesque Hetton Lyons Country Park, it is considered to be one of the most scenic races in the North East.

**START**  
FITNESS

50<sup>th</sup> Anniversary T-Shirts

**START**  
FITNESS

### PRIZES:

**Individuals:** First four Men, First Woman & First Veteran Woman

**Teams:** First teams only, first four to count from any age group

**Otherwise not a prize-winner:** First Veteran Man O/50, O/60 & O/70; Veteran Woman O/40 & O/50

OTHER PRIZES DEPENDING ON ENTRIES

SPOT PRIZES

**RACE CONDITIONS:** - The Michael Page Memorial Trophy will be presented to the winner and must be returned before next year's race. All entries will be entered into their race category by date of birth. *Runners must be aged 15 years or over on the day of the race.* The Race Promoter reserves the right to amend the prize list.

Race organizers shall not be held liable for any injury, accident, damage or loss caused during the race meeting.

**ENTRY FEE: AFFILIATED RUNNER £8.00**

**UNATTACHED RUNNER: £10.00**

**100 T-SHIRTS ONLY**

**ENTRIES ON THE DAY: £2.00 EXTRA**

**CLOSING DATE: MONDAY 25<sup>th</sup> August** Entries after the closing date and entries on the day will count for individual and team prizes.

Cheques to be made payable to Houghton Harriers & A.C. and sent to Mr P. Dodsworth, 14 Balmoral Terrace, Grangetown, Sunderland, Tyne and Wear, SR2 9QG. Tel 0191 5651158

Email address: [dodsworth.14balmoral@ntlworld.com](mailto:dodsworth.14balmoral@ntlworld.com) or [www.handpac.com](http://www.handpac.com) for prospectus



ENTRY FORM

**START**  
FITNESS

Name	<input type="text"/>	Date of birth	<input type="text"/>	Age Group	<input type="text"/>
Address	<input type="text"/>			Post Code	<input type="text"/>
Club	<input type="text"/>	N of E AA Membership No	<input type="text"/>		
T-SHIRT SIZE	Small <input type="checkbox"/>	Medium <input type="checkbox"/>	Large <input type="checkbox"/>	Extra large <input type="checkbox"/>	

I declare that I agree to abide by the rules of competition under UKA rules and that I intend to take part in this event at my own risk

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

For confirmation or numbers and results to be sent, please enclose a stamped-addressed envelope. (Indicate on the envelope "Numbers", "Confirmation" or "Results" in the top left corner)