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**http://www.cockcrowninpub.co.uk/**

**www.temperature-house.com**

**JARROW & HEBBURN A.C.** in association with

TRM LTD & THE COCK CROW INN

**ALSO, JUNIOR 2KM FUN RUN**

**Under UK Athletics Rules**

**Licence Number: 2014-TBC**

**TUESDAY 28TH JULY 2015**

**2KM Junior Fun Run: 6.45pm**

**Senior Run: 7.15pm (Minimum age 15)**

**Race HQ – The Cock Crow Inn, Mill, Hebburn, NE31 2EY**

**An approximate 5K multi-terrain race mainly on footpaths through parkland around**

**Monkton Business Park and The Cock Crow Inn**

**Prizes for leading male and female athletes and various age groups**

**Entry Fee payable to *‘ Jarrow and Hebburn Athletic Club’***

**Club: £7.00 Unattached: £9.00 Entries on the night: £10.00**

**Junior: £3.00 Juniors entries on the night £5.00**

**Send to Michael Bunn: 31 York Street, Jarrow, Tyne and Wear, NE32 5AN. Telephone : 07801 258707**

**CLOSING DATE FOR POSTAL ENTRIES 21ST JULY 2015**

**SURNAME:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **FORENAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ADDRESS:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**TELEPHONE:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **DATE OF BIRTH:**\_\_\_\_\_\_\_\_\_\_\_\_\_ **RACE DAY AGE:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**MALE 2KM FUN RUN**

**FEMALE COCK CROW 5K FEE ENCLOSED:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CLUB:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **NoEAA Reg No:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***I am an amateur as defined by U.K athletics laws, and participate in accordance with the rules set out by U.K. athletics. Furthermore I declare I am medically fit to run the above distance and fully understand the organisers will in no way be held responsible for any illness or injury to my person during or as a result of the above event, or loss or damage to my property during the above event***

***I understand the organisers reserve the right to cancel the above event at any time.***

**SIGNATURE:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **DATE:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*PLEASE ENCLOSED A SELF ADDRESSED ENVELOPE IF YOU WOULD LIKE YOUR NUMBER SENT OUT PRIOR TO THE RACE\***

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**ALSO JUNIOR 2K FUN RUN**

**Jarrow & Hebburn A.C. In association with**

**TRM Ltd & The Cock Crow Inn**

**Under UK Athletics Rules Licence Number: 2014-tbc**

**TUESDAY 28TH JULY 2015**

**2km Junior Fun Run Starts: 6.45pm**

**Senior Run Starts: 7.15pm**

**Minimum Age for Senior Run 15 years**

**COLLECT YOUR ENTRY FORMS FROM A MEMBER OF STAFF AT THE**

**COCK CROW INN.**

**http://www.cockcrowninpub.co.uk/**

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