



MICC GROUP



Jarrow and Hebburn AC

With the support of M.I.C.C. Ltd, The Cock Crow Inn, St. Joseph's Catholic Academy, South Tyneside Council and Gateshead Council.

Proudly present

The Cock Crow 5k 2018

(And 2km Fun Run)

An accurately-measured 5 km multi-terrain race on footpaths and parkland between Hebburn and Wardley. Plus, a 2km fun run for juniors and beginners.

Tuesday 24 July 2018

5km race start 7.15pm (Minimum age 15), 2km fun run start 6.45pm

Race HQ: The Cock Crown Inn, Mill Lane, Hebburn, NE31 2EY

UKA Licence 2018-35654. Run under UKA rules.

Fees: Affiliated runners £8, unaffiliated £10, entries on the night £12.

Fun run: £3 per person (Fun run entries on the night only).

Enter 5k online via www.jhac.org.uk/events/the-cock-crow-5k

Prizes for the first three finishers, for both men and women, as well as in age categories V35, 40, 45, 50, 55, 60 and 70, and team awards.

1st Male/Female £50. 2nd Male/Female £30. 3rd Male/Female £20 (In vouchers)

Prizes will be awarded at The Cock Crow Inn after the race.

Event parking is available at St. Joseph's Catholic Academy, Mill Lane, NE31 2ET.

Toilets, changing facilities and refreshments available at The Cock Crow Inn.