

New Marske Harriers

Mermaid 10k

Road Race

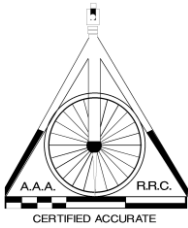
Car Parking & Race HQ The Mermaid, Redcar Road, Marske by the Sea, TS11 6EX

Toilet Facilities – Sorry No Showers/Changing

Start Behind Mermaid Car Park – Finish on Coast Road, Marske

Good Friday 2nd April, 10.15

Licence app for



NO DOGS
OR OTHER PETS



Enter **Start Fitness** Series & Get a Series Shoe Bag and Save £5 details overleaf

Also enter online: www.new-marske-harriers.co.uk

Prizes for usual categories inc Team Prizes, depending on Entries

Goody Bag to all finishers

Notes: The course is subject to a time limit of 10 minute mile pace and may not be suitable for all categories of disabled athletes. Results will be available free on the day and will also be available on the club's website www.new-marske-harriers.co.uk. Minimum Age 16 on 2/4/10

Entry Form

Post to: Good Friday 10k, 8 Chathill Walk, Ormesby, Middlesbrough TS7 9LU - Phone 01642 324596

Surname				First Name			
Address				Town			
Post Code				Phone			
Date of Birth				Athletics Club			
Age on 2/4/10		Gender M / F ?		EA Reg No			
FEES	For this race only:		Affiliated Athletics Club Member £8		Non Club Member £10		
	Series Entry:	Club Member £26		Non Club Member £36			

I declare that I am an amateur as laid down by UKAthletics laws. I am medically fit to take part in this race. I understand that the organisers will in no way be held responsible for any injury, illness or losses due to my participation. Data Protection Act: I understand and agree that the above details will be stored on a computer for race administration purposes and will not be supplied to a commercial organisation.

Signed: _____ (by parent if under 18)

Postal entries close 27th March Entries on the day add £1.50 eligible for prizes
Cheques Payable to "New Marske Harriers"



Thanks to our Series Sponsor
Milburn Gate, Durham,
Pilgrim Street, Newcastle
Butchers Row, Beverley
www.startfitness.co.uk

**Pre-enter whole  series -
get a Series Shoe Bag AND Save £5**

	Date	Time	Race	Licence Nos	Entry Fee
1	2 nd April	10.15	Mermaid 10k	App For	£ 8
2	21 st April	7.00	Spring Coast Road 5k*	App For	£ 5
3	23 rd June	7.00	Summer Coast Road 5k*	App For	£ 5
4	25 th July	10.15	Victorian 10k	App For	£ 8
5	1 st Sept	7.00	Autumn Coast Road 5k*	App For	£ 5

* Wednesday Evenings on 2 lap "pink path" course. Meet at Redcar Rugby Club, Green Lane, Redcar.

Notes

- Unattached runners add £2 to fee quoted for each race, **Avoid unattached levy – join your local club!**
- 5k Races are "enter on the night" only (except if you pre-enter all five races). The 10k races are "pre-enter races", however, entries on the day will be accepted with a surcharge of £1.50 (eligible for prizes).
- The venue for the 10k races is The Mermaid, Redcar Lane, Marske. The venue for the 5k races is Redcar Rugby Club, Green Lane, Redcar.
- For 5k races prizes are awarded to the top 25 on an Age Related Performance basis plus spot prizes for those who finish 50th, 75th & 100th in the age related order.
- The New Millennium Trophy is open only to those who pre-enter all five races (2009 Winner Mark Gamble-Thompson, New Marske Harriers). Please indicate clearly that you are entering all races – cost £26 (£36 unattached)
- Results to all races will be available free on the day as well on the internet : www.new-marske-harriers.co.uk
- Minimum ages male & female : 5k = 15 years, 10k = 16 years



REDCAR AND CLEVELAND