



Gosforth Harriers Summer Relays

Sunday 14th August 2016

The race will be 3 legs of approximately 2 miles over a single lap of an undulating, fast, mainly tarmac course in the parkland of Newcastle Great Park. There will be a limit of 60 teams with a maximum of 6 teams per club.

There will also be a junior fun run for Under 16's with U12, U14 and U16 boys' and girls' prizes and a goody bag for all finishers. Entry on the day only.

All profits will go to the Pop-Up Gym project which will provide a mobile gym with specialised equipment for people with spinal injuries. The Pop-Up Gym project was set up by Gosforth Harrier Drew Graham who suffered a serious spinal injury in 2014. Many of you will know Drew and will understand how much this means to him. For more info on Pop-Up Gym visit: www.gofundme.com/popupgym

The event is fully supported by the Newcastle Great Park consortium. As well as allowing us to use their land, they have also provided the use of the park and ride car park which has space for 400 cars and is very close to the start. The Great Park Community Centre have very kindly allowed us to use their facilities, café and toilets.

Entry:

Junior race £2 (on the day entry only)

Senior / Vet relay £15 per team (3 per team)

Seniors must be 16 or over on the day. Vet ladies 35+, Vet men 40+

(Note: final team categories and team composition to be declared on the day)

I wish to enter _____ Senior & _____ Vet_ladies' teams at £15. Cost £_____

I wish to enter _____ Senior & _____ Vet men's teams at £15. Cost £_____

_____ Total £_____

Please make cheques payable to Gosforth Harriers and AC

Contact email address: _____

Contact phone number: _____

Entries to:

Race Secretary, 35 Chipchase Mews, Melbury, Great Park, Newcastle, NE3 5RH

Closing date for entries Friday 5th August.

Any queries to stevenbond35@gmail.com