

Gosforth Harriers Summer Relays

Sunday 4th August 2019



A race of 3 legs of approximately 2 miles over a single lap of an undulating, fast, mainly tarmac course in the parkland of Newcastle Great Park. Start time 10:45am

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 £2.50 on the day only. Start time 10:00 am

Free parking available at the Great Parkway Park and Ride (NE13 9NR) very close to the start. Race registration and toilet facilities are at the Great Park Community Centre (NE13 9BD).

Gosforth Harriers Summer Relays supports Pop-upGym a local charity providing specialist gym equipment for people with spinal injuries. There will be a cake stall raising money for PopUpGym.

Entry:- Senior / Veteran relay £16 per team (3 per team)

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

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

I wish to enter _____ Senior & _____ Vet ladies' teams at £15 each. Cost £_____

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

Total £_____

Please make cheques payable to Gosforth Harriers and AC or make bank transfer to Gosforth Harriers and Athletic Club sort code 30-96-26 account number 32962960.

Contact email address: _____

Contact phone number: _____

Send completed entry forms to Race Secretary, 35 Chipchase Mews, Melbury, Great Park, Newcastle, NE3 5RH or email to stevenbond35@gmail.com

Closing date for entries Wednesday 31st July.