



Gosforth Harriers Summer Relays & Open junior 1 mile race

Sunday 6th August 2017
Great Park, Newcastle

Hosted by Gosforth Harriers and AC. Supported by Great Park Consortium, Great Park Community Centre, East Moor Village and Greenside Residents Associations. A donation from the proceeds of the event will be made to our nominated charity Pop-UpGym which provides exercise equipment for people with spinal injury.

The races: A relay race for teams of three from UKA affiliated clubs. A single ~2 mile loop on tarmac paths and grass. The race will be run under UK Athletics rules (licence 2017-30029). Start 10:45 am. An open junior 1 mile race (£2) entry on the day- age categories U12 (age 8-11), U14, U16. Start 10:00am.

Race H.Q. Great Park Community Centre, Roseden Way, Great Park, NE13 9BD. Toilets (including one disabled toilet), café and vending machine. Note there are no changing facilities.

Vehicle access and Parking: Parking will be allowed only at Park and Ride car park off Great Parkway. From A1 North or South, take Gosforth Park (racecourse) exit. At roundabout take Great Park exit. Follow P+R signs. P+R will be open from 8:30 am and is free to participants and spectators. Disabled parking: two spaces for Blue badge holders at Great Park Community Centre. To minimize traffic please share cars. Do not cross the A1 on Brunton Lane, this is for buses and local access only and you will be fined! The car park is 0.5 miles from the start. Please allow time to walk/jog to the start.

Pedestrian/cycles easy access from Gosforth, Brunton Park, Dinnington, Kingston Park, Greenside, Wideopen, Hazelrigg- please park cycles responsibly. **Metro:** Nearest stations, Kingston Park (1.8 miles), Regent Centre (2 miles). **Buses:** The Great Park is served by the Q3 (first arrival 10:04) and 40A from Newcastle (first arrival 9:58). Many Arriva buses (including 43, 44, 45 X10, X11, X22) have earlier services and stop on the Great North Road at Brunton Lane a short walk from the start. **Taxis:** drop off at Great Parkway.

Registration: At race HQ Great Park Community Centre. Teams of three men or women, senior and/or veteran. Veterans (men 40+, women 35+) may run in Senior teams. Teams containing any senior athletes will be designated 'Senior'. Teams must be confirmed by 10:15am. Entries allowed on the day if limit is not reached beforehand. Register before 9:45am for open junior race.

Prizes: 1st teams in all categories (senior men, senior women, veteran men, veteran women). Fastest leg (all categories) plus fastest O50 and O60 men and women. Junior prizes: 1st, 2nd and 3rd in all categories.

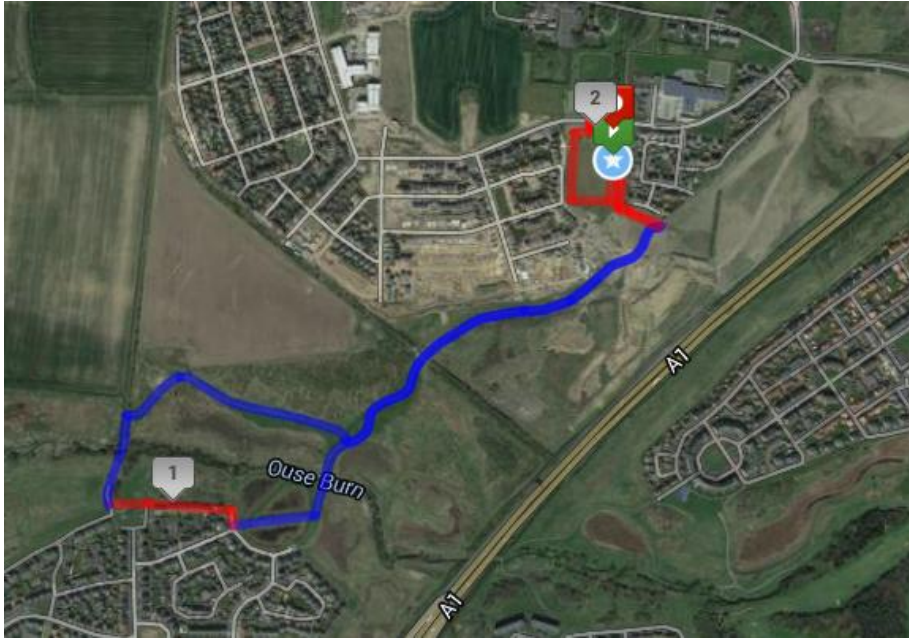
Rights of Way: The course is on footpaths including two short sections on Public Rights of Way. The footpaths are open to other users and runners are requested to respect their right to use these paths. Marshals may direct runners to keep to one side of the path, move to the grass alongside the path or even to STOP to allow members of the public to cross the course. Runners must obey the marshals. Races in public areas can only continue to take place if runners accept these rules.

Medical cover: provided by Frontline Medical Ltd. Runners must fill out their name and any relevant medical conditions on the back of their number.

Venue: The course is mainly in scenic parkland and provides many spectator points. There are picnic tables at the far end of the course and a children's playground close to the start. Please feel free to bring family and friends along to enjoy the day. There will be a cake stall raising money for our charity PopupGym.



Course map and profile



Area map

