

New Marske Harriers

Mermaid 10k

Road Race



Race HQ The Mermaid, Redcar Road, Marske by the Sea, TS11 6EX
Toilet Facilities ~ Sorry No Showers/Changing ~ see online instruction re car parking
Start Behind Mermaid Car Park – Finish on Coast Road, Marske



NO DOGS
OR OTHER PETS

Good Friday 18th April, 10.15

Licence 2014 -10629

enter online: www.new-marske-harriers.co.uk - £10 discount if you pre-enter 5 races in series

New 2014 ~ Online Entry Only ~ No Entry On Day ~ Chip Timed!

**Prizes fund £1000! Vets 5 year categories M40-M70+ and F35-F60+
Goody Bag to all participants**

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 displayed on the day and will also be available on the club's website
www.new-marske-harriers.co.uk. Minimum Age 16 on 18/4/14



Thanks to our Series Sponsor
108-110 Grainger Street, Newcastle. NE1 5JQ
Mail Order 0844 848 8803

www.startfitness.co.uk

Pre-enter whole  series - get a £10 Discount

	Date	Time	Race	Licence Number	Entry Fee
1	18 th April	10.15	Mermaid 10k	2014 -10629	£ 10
2	30 th April	7.00	Spring Coast Road 5k*		£ 5
3	25 th June	7.00	Summer Coast Road 5k*		£ 5
4	20 th July	10.15	Victorian 10k		£ 10
5	3 rd Sept	7.00	Autumn Coast Road 5k*		£ 5
*2 lap old "pink path" course. Meet at Redcar Rugby Club, Green Lane, Redcar.					

Notes

- Unattached runners add £3 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” online only!
- The venue for the 10k races is The Mermaid, Redcar Road, 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 & 100th in the age related order – awarded only if present at presentation.
- The New Millennium Trophy is open only to those who pre-enter all five races (2013 Winner Sue Phillips, Darlington Harriers). –calculated on the best four age related performances from the 5 races.
- Results to all races will be displayed on the day as well on the internet :
www.new-marske-harriers.co.uk
- Minimum ages male & female : 5k = 14 years, 10k = 16 years