



SALTWELL HARRIERS

Since 1890

Thank you for your interest in the oldest surviving road race in Britain.

The Saltwell Road Race has been run every year since 1911, excluding the war years. This year the race will be on **Saturday December 19th 2009**. The race covers a distance of 10k, is traffic free incorporating a route in and around Saltwell Park, Gateshead.

The race attracts runners of all abilities. There is an extensive prize list and every finisher receives a unique memento.

This year we are encouraging more junior athletes to enter the U13, U15 and U17 races. There will be a prize of £30.00 to the first U17 boy and girl.

Entry forms are available from running clubs, sports shops and from leisure facilities in the Gateshead area. Alternatively you can download an entry form from this website or enter online at

<http://www.realbuzzrunbritain.com/onlineentry/>

Due to the refurbishment of Gateshead Leisure Centre there will be no changing facilities and we apologise for the inconvenience this may cause. Toilet facilities will be available in Saltwell Park.

For queries about the race please contact Race Director, Keith Wood email: woodk2@btopenworld.com



SALTWELL HARRIERS

Since 1890

Saltwell 10K

England's Oldest Road Race

Saturday 19th December 2009
12.30pm

A classic course suitable for all runners
plus Junior Races in Saltwell Park
starting at 11.30am

Race Licence Number 2009-100246

Supported by



START
FITNESS

Supporting



Entry Form

Please complete the form below and send with entry fee to:

Ged Conway

34 Ravensdale Crescent
Low Fell Gateshead NE9 5YJ

Closing date:

Friday 11th December 2009 Entry limit 400

Entry Fee

U13/15 Girls/Boys	£1.50	
U17 Women /Men	£1.50	
10K Race	UK Athletics Club Runners	£10.00
	Unattached	£12.00
	Students	£5.00 - SU Card

*You can download entry forms from www.saltwellharriers.com
or view race details at www.realbuzzrunbritain.com – entry fee must be received by the closing date.*

Cheques made payable to 'Saltwell Harriers'.

Note: Entries on the day will be charged £1.00 extra and are eligible for prizes.

Collect your number at registration on the day of the race.

Race numbers are not posted.

First Name	Surname	M/F
Date of Birth	Race Age	
Home Address		
Post Code	Tel No.	
Name of Club or state, if unattached	England Athletics No. 2820584	
Enclosed entry fee £	Charity Donation £	Tick for Gift Aid <input type="checkbox"/>
Total Enclosed £		

Please tick box

	10K									
	U13	U15	U17	Senior	V35	V40	V45	V50	V55+	V60+
Female	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Male	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Declaration: I hereby declare that the above details are correct and that I shall abide by the decision of the event officials. I accept that the organisers shall not be liable for any accidents, injury, loss or damages as a consequence of my training for or participating in any of the Saltwell Races 2009.

Please Sign **Date**

Race Information

The Saltwell Road Race is England's Oldest Road Race and attracts runners of all abilities as well as some of the region's top runners.

In 2009 you can help support 'Help for Heroes' while you run. You can make a donation with your entry fee, minimum 50p.

Last year you helped raise £350.00 for the Children's Ward Q.E. Hospital.

Further details, course map and entry form available at:

www.saltwellharriers.com

Prizes

Cash prizes to the value of £680

1st Man & Woman £100 each

Vets prizes will be awarded to the higher value

1st U17 Male and Female £15 voucher

All 10K finishers will receive an engraved glass and a whisky miniature

All prizes must be claimed on the day

Teams

Senior Men 1st & 2nd

Vets Men 1st

Senior Women 1st

Teams consist of 3 runners

Teams position will be the aggregate finishing position

Additional prizes will reflect the number of entries

U17, U15, U13 will receive a goody bag donated by

Vanguard Dowson, Gateshead

The Course

A traffic free route for the 10K with a finish in Saltwell Park.

All Junior Races will be held within Saltwell Park.

Timetable of Races

Saturday 19th December 2009

Races:

U13 Girls/Boys	1.5 miles	11.30am
U15 Girls/Boys	1.5 miles	11.45am
U17 Girls/Boys	3 miles	12.00noon
Seniors/Vets	10K	12.30pm

Main 10K race starts at the south end of East Park Road with the finish in Saltwell Park.

U13 and U15 races start and finish in Saltwell Park.

Collect your race number at registration.

Registration will be in Saltwell Park.

Due to circumstances beyond our control, there will be no changing facilities available at this year's race.

Presentation will be held in Saltwell Park.

In line with the recommendation in the Athletics Welfare Policy, the promoters of this event request that any person wishing to engage in any video, zoom or close range photography should register their details with staff at race registration before carrying out any such photography.

Acknowledgements

Gateshead Council & St. John's. All race officials and marshals.

Vanguard Dowson for junior Goody Bags.

Date for your diary

Saltwell Harriers Fell Race

5 miles, 1000ft. Near Stanhope, Co. Durham

Tuesday 6th July 2010 7.30pm. Entry on the night £4.00

Saltwell Harriers wish all runners, officials, marshals and spectators a Merry Christmas and a Happy New Year