**North Shields Polytechnic Club**



**Amateur Athletics - Track & Field - Road & Cross Country**

**Clive Cookson 10K Race**

Permit number 2018-33385

 **supported by**  **and** 

**WEDNESDAY 23rd MAY 2018, 7.15pm** **Start and Finish at Monkseaton High School, Seatonville Road, Whitley Bay**

**Fast 2 Lap 10K Course – clockwise from School, changing facilities.**

**Race Limit of 500. Tee-Shirt to All Finishers. Refreshments available for all.**

 **Parking at School and Foxhunters Playing fields, NOT in local roads please.**

**PRE-ENTRY NUMBERS TO BE COLLECTED ON THE NIGHT AT MONKSEATON HIGH SCHOOL.**

**Measured course - Under UK Athletics rules**

**Attractive prizes for men, women and veterans. Team prizes – 4 to count – First 3 male teams and first 2 female teams. *The Clive Cookson Cup is awarded to the winning male team.* Online entry at www.runbritain.com (or by post, details below) from March 1st up until May 22nd, or when full.**

**Entry for Club runner £13.00\*, Non Club Runner £15.00\* - \*£2 extra on the night**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  **Female**  |  |  **Male**  |  |

**Surname**

|  |  |  |
| --- | --- | --- |
|  |  **Date of Birth**  |  |

**Forename**

|  |  |  |
| --- | --- | --- |
|  |  **Veteran Category**  |  |

**Address**

|  |  |  |
| --- | --- | --- |
|  |  **UK Athletics Club**  |  |

|  |  |  |
| --- | --- | --- |
|  |  **UK Registration No.**  |  |

**Post Code**

|  |  |  |
| --- | --- | --- |
|  |  **E-mail**  |  |

**Telephone**

**Only those 15 years or over on the day may enter the 10k race**

Entry Fee Enclosed:

**£13 UK Athletics Club Runner**  **£15 Non Athletics Club Member** 

**I am medically fit to run and take part at my own risk. I understand the organisers will in no way be held responsible for any injury, illness or loss of property.**

**Signature………………………………………………… Parents Signature if under 18……….……………………………….**

**Date……………………………………**

Please return any Postal entries by **Saturday 19th May** to: **John Brettell, 2 Witton Road, Shiremoor, Tyne & Wear, NE27 0PH** Telephone enquiries - 07766744651 **Cheques payable to: North Shields Polytechnic Club**