



The North East's Premier 10 mile Road Race  
**25th Tynedale 10 Mile**  
**Jelly Road Race HEXHAM TO OVINGHAM**  
sponsored by

**Wylam Garage**   
A FAMILY BUSINESS SINCE 1968

Incorporating NECAA 10 mile championships and the VAANE10 mile championships  
Held under UK Athletics rules Licence No 2013-105593

## Sunday 1<sup>st</sup> September 2013 at 11 am

- Undulating, scenic, rural route through beautiful Northumberland, mostly on closed roads (approx 8 ½ out of the 10 miles)

The base for the start is the Wentworth Leisure Centre, Hexham where toilets and changing facilities are available.

- The start is on Beaufront road, Hexham – 10 minutes from the Wentworth Leisure Centre. Please arrive early enough to get to the start in good time.

Please use the pedestrian crossing to cross the road and once over the bridge cross where the marshal tells you to.

- The route starts on the edge of Hexham and runs to Corbridge, coming in past the Roman site. It runs through Corbridge and out to High Barns where the route turns right and heads down towards Bywell. From Bywell the route runs alongside the river until it hits the road from Ovington to Ovingham, where it turns right to run to the finish at Ovingham Middle School.

- **Car parking is approximately 15 minutes walk from the school. No parking at the school.**

- Transport from Ovingham to Hexham is at 9am and 10am costs £3 which must be booked and paid for in advance with entry. **There is no guarantee of a place on the bus if you have not pre-booked and paid.**

- Baggage transport to the finish at Ovingham Middle School is available from outside the Wentworth Leisure Centre.

- Free Jelly and sandwich to all runners – refreshments available for families
- Only one individual prize per runner
- Runners must not wear ipods or other musical devices for their own safety and that of other runners

- Results will be available on [www.tynedaleharriers.com](http://www.tynedaleharriers.com)



**IF YOU HAVE ENTERED THE RACE, YOUR CHEQUE HAS BEEN CASHED AND YOU HAVE NOT RECEIVED YOUR NUMBER, PLEASE GO TO THE WENTWORTH LEISURE CENTRE TO COLLECT IT.**