

THANK YOU for entering the Tynedale 10k which will be held on Wednesday 4th July at 7:30pm. Please read this important information carefully.

This scenic race starts in Ovington and finishes in the Countryside Park at Low Prudhoe. Don't forget that all **parking** is on the Prudhoe side of the river. Postcode for parking is NE42 6UP. Please do NOT park in Ovingham village as inconsiderate parking may mean we will not be able to put on this race in future years.

The **Race HQ** is at the Riverside Park Centre (same postcode as the parking) and will be open from 6.00pm. There will be **toilets** inside and outside the Race HQ.

Number collection

Numbers are **not** being posted. **You will need to collect your race number (with chip) from the Race HQ on the night.** Please allow plenty of time to get your number from Race HQ (don't forget your safety pins!) and then get to the start.

The race start

The start is approximately **1.5 miles from the Race HQ**, over the bridge and up the hill to Ovington. Take care on the way to the start, the road is not closed to traffic until just before the race starts. The course will close at 9.00pm after which there will be no marshals and no chip timing.

Please try to stand in a starting place appropriate to your race speed as the start is narrow and fast! There are road closures in place but there may be stray cars on the course. Keep to the left unless instructed otherwise by a marshal.

There will be a **water station** at Wylam, at approximately the half-way point. There will also be water at the finish. Please can we ask you to take only one bottle at each water station? This will ensure that there is enough water for every competitor. If you think that you may need more water, especially if it is hot, please come prepared with your own extra supplies.

Please do not drop litter on the course. Unwanted water bottles should be left near the water station for our marshals to collect.

The route through the park for the last mile will be marshalled and marked at intervals with red and white tape and yellow arrow boards.

New UKA ruling states that runners are not permitted to wear headphones when racing. Please be aware that you may be disqualified if wearing headphones during this race.

When you have finished the race, walk to the nearby **Adam and Eve pub** on the other side of the railway lines where you can claim your delicious pie 'n peas, before the prize presentation.

If you have any friends who want to race on Wednesday, please let them know that there will be entries available on the night on a first come first served basis. These will cost £20.

10 mile jelly Tea race 26th August 2018 Finally, don't forget to enter the 10 mile Jelly Tea Road Race on Sunday 26th August. This is an out and back route, using the

second half of the old, extremely popular Jelly Tea route, but avoiding any built-up areas. It is 2 weeks before the Great North Run so is an ideal warm up event. More information is available on the Tynedale Harriers' website.

Have a great race on Wednesday! Best wishes from all at Tynedale Harriers.