



# Tynedale 10km Road Race

Race licence n°: 2018-35693

**Wednesday 4<sup>th</sup> July 7.30pm**

**Followed by pie 'n peas at the  
Adam and Eve!**

***A flat, rural 10k along minor roads and tracks, starting in Ovington and finishing in the Countryside Park at Low Prudhoe.***

- **Entries online via [www.tynedaleharriers.com](http://www.tynedaleharriers.com)**
- Numbers and timing chips to be collected on the night from the Race HQ; they **are not** being sent out by post as stated previously. The Race HQ will be at the Riverside Park Centre, Low Prudhoe, NE42 6UP. All race parking is also at this site. Please note the start in Ovington is approximately 1.5 miles from the HQ.
- Please try to stand in a starting place appropriate to your race speed as the start is narrow and fast!
- After the race there will be pie and peas (included in the entry fee) at the Adam and Eve pub, Low Prudhoe, followed by the prize giving.
- Toilets and storage for bags will be at the Race HQ, no showers or changing unfortunately.
- Entry £17 attached, £19 unattached.
- Please read carefully all race information which can be found on the Tynedale Harriers' website.
- **Parking for this race will be on the south side of Ovingham Bridge (Prudhoe side of the river) only.**

Parking at Low Prudhoe is approximately 1.5 miles from the start in Ovington. Please allow plenty of time to walk from the parking areas to the start of the race at 7.30pm.

**PLEASE DO NOT PARK IN OVINGHAM VILLAGE.** Inconsiderate parking could jeopardize the future running of this race.

Race kindly sponsored by  
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