

Hello

THANK YOU for entering the Tynedale Pie 'n Peas 10k which will be held on **Wednesday 3rd July 2019 at 7:30pm**. Please read this important information carefully.

This year's race is kindly sponsored by [Anvil Homes](#). They are a family run business that has built a fine reputation for providing distinctive homes for discerning purchasers. Anvil Homes is committed to building homes that they would like to live in themselves and take pride in offering affordable, quality homes in sought after locations across the North East. They have supported your race, so please support them

Your Race Number is

The [route](#) starts Ovington and finishes in the Tyne Riverside Countryside Park at Low Prudhoe. Don't forget that all parking is on the Prudhoe side of the river. **Postcode for parking is NE42 6NR**. 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 gate will be locked into the carpark at 10pm. If you want to stay later then please move your car over the road or to the Pub carpark.

The race is **easy to get to by train** along the Tyne Valley. There are trains about every 20 minutes from Newcastle and Hexham that stop in Prudhoe before the race, then hourly after.

Number Collection and Race HQ is at the Adam and Eve Pub, on the other side of the railway tracks from the parking and will be open from 6.00pm. Toilets in the Pub. Your race number is.

Please do not run with another runner's number as this can cause problems with prizes and also difficulties should an accident or illness occur. We will accept free number transfers before midnight on Sunday the 30th June. Please email paces@tynedaleharriers.com

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. Note that there are no toilets provided for the race at the start.

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. Please squirt out any water that you don't want before dropping your bottle. 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.

The UKA rules for races state that runners are not permitted to wear headphones when racing. Please be aware that you may be disqualified if wearing headphones during this race.

The Pie 'n Peas!

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. The Prize presentation will be held at approximately 9pm at the pub.

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.

Details of the [prize structure](#), England Athletics [licence](#), [risk assessment](#) and [medical risk assessment](#) can all be found on the Tynedale Harriers Website.

10 mile Jelly Tea race 18th August 2019

Finally, don't forget to enter the 10 mile Jelly Tea Road Race on Sunday 18th 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 3 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.