

Tynedale 10 Mile 'Jelly Tea' Race 10:00 18th August 2019

Thanks for entering Tynedale Harriers' Jelly Tea road race. Your race number is .

The race will start at **10am on Sunday 18th August** at Ovingham Middle School (OMS). The race follows an out-and-back route so will also finish at OMS.

Please note that **Race HQ (where you will collect numbers and chips) is at Ovingham Old School NE42 6BS**, which is approximately 400m east of OMS, between Ovingham Bridge and OMS. Race HQ will be open from 8.45am. Your race number is.

Your Jelly Tea (drinks, sandwiches and jelly) will be available for all runners at the Old School after the race. Cakes will be available to buy, all proceeds to Tynedale Harriers.

The sandwiches are provided by [Tyne Riverside Café](#) in Prudhoe Riverside Country park. They offer a range of hot and cold drinks and light meals, community meeting space and training and employment opportunities to young people with learning disabilities. Please support them, as they have supported us.

The race is **easy to get to by train** along the Tyne Valley. There are trains once an hour from Newcastle and Carlisle/Hexham that stop in Prudhoe

All race parking is on the south side of Ovingham Bridge (i.e. Prudhoe side of the river). **Postcode for parking is NE42 6NR**. Please note that **Ovingham bridge is closed** to traffic, but open to pedestrians. Therefore, you must approach the parking from the south side of the river. It is at least 20 minutes detour around via Bywell or Wylam Bridge to get to the south side if you approach the bridge from Ovingham. **Be warned!** Roadworks are also ongoing near Crawcrook on the A695. Please allow enough time to walk from the parking to the old school, pick up your number, then get to the start. If you park in the overflow parking, to the East of Ovingham Bridge, then this car park will be locked at 13:30. Please make sure you move your car before this time.

There is NO parking at OMS or the Old School. Please **do not park in Ovingham** as it may jeopardise the future running of our event.

There will be toilets in the car park next to the Riverside Café at Ovingham Bridge and also at Race HQ.

It is important that you listen to all instructions given at the pre-race briefing. Runners must listen to marshal instructions, and stay on the left hand side of the road unless specifically instructed. After the right turn at the final junction onto the Ovington-Ovingham road, runners must stay on the right.

Most of the roads are closed to traffic, but please be vigilant and stay to the side of the road, especially on the way back when small parts of the route will be open to traffic. Marshals will be directing you and slowing traffic, but ultimately you must take responsibility for staying safe on the roads.

Earphones must not be worn, as the route is not entirely on closed roads, and are therefore banned by UKA as you will not be able to hear traffic or marshal instructions. 'Bone Conducting' earphones are permitted.

There will be one water station on the route, which you will pass twice (on the way out and on the way back). This will be at approximately 3 and 7 miles. Water will be available in sports-top bottles. Please discard 'squirt-squeeze-drop' your bottles at the side of the road close to the water station, so that we can ensure that they are all collected and recycled. Water will also be available at the finish. Please do not take more than one bottle at each station.

The lead car will leave the course at the turn point (approx. 5 mile) and rejoin at 8 miles. A cyclist will lead the race from the turn point back to the lead car.

The race has a time limit of 2 hours 15 minutes, after which the course will be un-marshalled and there may be no chip time provided.

If you have any friends who didn't get around to entering the race, we hope to have have limited **entries on the day, cost £20.00**.

You can find details of the [Course](#), [Medical Risk Assessment](#), [Event Plan](#), [Course Measurement](#), [Race Licence](#), and [Prize Structure](#) online.

See you on Sunday the 18th August.

Have a great race!

Tynedale Harriers Race Committee