



North Shields Polytechnic Club
Amateur Athletics - Track & Field - Road & Cross Country
www.nspoly.org

Clive Cookson 10K Race
WEDNESDAY 23rd MAY 2018
7.15pm

Start and Finish at Monkseaton High School, Seatonville Road, Whitley Bay
Fast 2 Lap 10K Course – clockwise from School
(Permit number 2018-33385)

Race Limit of 500. Tee-Shirt to All Finishers. Refreshments available for all.

Parking at School and Foxhunters Playing fields, NOT in local roads please.

PRE-ENTRY NUMBERS TO BE COLLECTED ON THE NIGHT AT MONKSEATON HIGH SCHOOL.

Measured course - Under UK Athletics rules. Attractive prizes for men, women and veterans. Team prizes – 4 to count – First 3 male teams and first 2 female teams. *The Clive Cookson Cup is awarded to the winning male team.*

Online entry at www.runbritain.com or postal form. Closing May 22nd unless full earlier.

Entry for Club runner £13.00* Non Club Runner £15.00* - *£2 extra on the night if spaces available.

Surname	<input type="text"/>	Female	<input type="checkbox"/>	Male	<input type="checkbox"/>
Forename	<input type="text"/>	Date of Birth	<input type="text"/>		
Address	<input type="text"/>	Veteran Category	<input type="text"/>		
	<input type="text"/>	UK Athletics Club	<input type="text"/>		
Post Code	<input type="text"/>	UK Registration No.	<input type="text"/>		
Telephone	<input type="text"/>	E-mail	<input type="text"/>		

Entry Fee Enclosed:

£13 UK Athletics Club Runner

£15 Unattached

Only those 15 years or over on the day may enter the 10k race.

I am medically fit to run and take part at my own risk. I understand the organisers will in no way be held responsible for any injury, illness or loss of property.

Signature.....
Date.....

Parents Signature if under 18.....

Please return any Postal entries by Saturday 19th May to:
Telephone enquiries:
Cheques payable to:

John Brettell, 2 Witton Road, Shiremoor, Tyne & Wear, NE27 0PH
07766744651
North Shields Polytechnic Club