



present the
'Terry O'Gara Memorial 5K Road Race'

Sunday 22nd April 2012. (License No. 2012-103580)

Run under UKA rules and supported by;



A new race in the calendar over the very popular 5K distance based on the well known 'Gordon Smith Relays' route. An officially measured, largely traffic-free 5K course using the Hadrian's Way Cycle Path in memory of club chairman Terry O'Gara. Free commemorative tee shirt to all finishers.

Senior & Veteran Men & Women Start: 10.00 am

Prizes for individual athletes in all categories

Athletes are eligible for one prize only.

Registration and collection of race numbers at Segedunum Visitor Centre. Postcode NE28 6HR

- Entries: Limited to 250 entrants. (Must be 16 years old or over on the day of the race).
Entry fees: Club entries: £7. Unattached: £8. (+ £1 for entries on the day)
Cheques made payable to: WALLSEND HARRIERS & AC.
Post to: John Jamieson, 16 Langdale Gardens, Walkerdene, Newcastle NE6 4EB. Tel: 0191 2634059.
Entries Close: Monday 13th April 2012
Changing facilities: Limited facilities at Segedunum Visitor Centre from 9.15am
CAR PARKING available nearby

NAME
ADDRESS
CLUB NAME: England Athletics Reg No:
Male / Female Age (on race day)

