



Gosforth Harriers Summer Relays

& Open junior mile race

10:45am Sunday 8th August 2019.

Great Park, Newcastle

Hosted by Gosforth Harriers and AC. Supported by Great Park Consortium, Great Park Community Centre, East Moor Village and Greenside Residents Associations.

The races: A relay race for teams of three from UKA affiliated clubs. A single ~2 mile loop on tarmac paths and grass. The race will be run under UK Athletics rules, licence tbc. Start 10:45 am. An open junior 1 mile race (£2.50) entry on the day- age categories U12 (age 8-11), U14, U16. Start 10:00am.

Race H.Q. Great Park Community Centre, Roseden Way, Great Park, NE13 9BD. Toilets (including one disabled toilet). Note there are no changing facilities. Refreshments will be available at our charity cake stall

Parking: Only at designated car park off Great Parkway/Spine Road. From A1 North or South, take Gosforth Park (racecourse) exit. At roundabout take Great Park exit. Follow temporary 'Car Park' signs. Turn left at second roundabout, parking is on your right. Disabled parking: two spaces for Blue badge holders at Great Park Community Centre. To minimize traffic please share cars. Do not cross the A1 on Brunton Lane, this is for buses and local access only and you will be fined! The car park is 0.5 miles from the start. Please allow time to get to the start.

Pedestrian/cycles: easy access from Gosforth, Brunton Park, Dinnington, Kingston Park, Greenside. Please park cycles responsibly. **Metro:** Nearest stations, Kingston Park (1.8 miles), Regent Centre (2 miles). **Buses:** The Great Park is served by the Q3 and X40/40A from Newcastle. Many Arriva services stop on the Great North Road a short walk from the start. **Taxis:** drop off at Great Parkway.

Registration: At race HQ. Teams of three men or women, senior and/or veteran. Veterans (men 40+, women 35+) may run in Senior teams. Teams containing any senior athletes will be designated 'Senior'. Teams must be confirmed by 10:00am. Entries allowed on the day (£18) if limit is not reached beforehand. For the open junior race, register at the junior registration desk by the playground before 9:45am.

Prizes: 1st teams in all categories (senior men, senior women, veteran men, veteran women). Fastest leg (all categories) plus fastest O50 and O60. Junior prizes: 1st, 2nd, and 3rd in all categories.

Rights of Way: The course is on footpaths including two short sections on Public Rights of Way. The footpaths are open to other users and runners are requested to respect their right to use these paths. Marshals may direct runners to keep to one side of the path, move to the grass alongside the path or even to STOP to allow members of the public to cross the course. Runners must obey the marshals. Races in public areas can only continue to take place if runners accept these rules.

Medical cover: provided by Frontline Medical. Runners must fill out their name and any medical conditions on the back of their number.

Charity: This year's race will support Gym Possible, a local charity with the aim of making exercise both physically and financially accessible to people with disabilities. For more information see <https://www.gympossible.org/about-us>.

Venue: The course is mainly in scenic parkland and provides many spectators points. There are picnic tables at the far end of the course and a children's playground close to the start. Please feel free to bring family and friends along to enjoy the day. There will be a cake stall raising money for our charity.

Course map and profile:

