



Sedgefield Harriers

Running Club Sedgefieldharriers.co.uk

Present

THE NEPTUNE RELAYS

4 – STAGE RELAYS

HARDWICK COUNTRY PARK, SEDGEFIELD

A great team event in a lovely venue on a spring evening

WEDNESDAY 22nd APRIL 2009 START 6.45PM

Open to teams of four runners for teams of Men, Women and Juniors (12+)

Stages of 1.7 miles (approx.) & fully timed over a figure of eight route around the Serpentine River and the Lake of the recently restored scenic gem of Hardwick Country Park near Sedgefield.

Registration between 6.00pm and 6.30pm

**** Improved Marshalled and Signed Course ****

There are no toilets or changing at this event. Runners enter and run at their own risk over public paths. There is no charge to enter.

For further details e-mail ean2005@hotmail.co.uk or call Ean Parsons on 07771 828 568.

Directions: From the A1 take junction 60 at Bradbury, from the A19 take the Wolviston turn off. From the A689 Sedgefield Racecourse roundabout take the A177 north in the direction of Coxhoe. After 400m follow the signs for Hardwick Country Park. Enter via the hotel entrance and turn left. Leave the car and follow the paths through the park west towards the Temple on the hill. The start/finish is next to the Temple. **Note that the park car parks are closed at 8pm. The barrier is locked, so make sure your car is parked outside the barrier or out of the park car parks by then.**

There is no entry fee and entries on the day are accepted. However, to assist with admin. it would be a help if you could advise entries/teams in advance. Send details to; Ean Parsons, Sedgefield Harriers, 11 Hadleigh Close, Sedgefield. Co. Durham TS21 2JL

Runner 1 _____

Runner 3 _____

Runner 2 _____

Runner 4 _____

Category of Team: M/F _____ Vet Cat: eg 35/40/50/55 etc. _____

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Sedgefield Harriers next events: Summer Invitation Handicap Thurs. 9th July 2009, Sedgefield Serpentine Trail Race Sunday 13th September 2009.