

BROOKS SHOE PARTY

Northern Runner will be hosting a Brooks Shoe Party on Saturday 6th March 2010. It's the perfect opportunity if you want to find out more about Brooks' latest running shoes. What is MOGO? Which is the right Brooks Shoe for you? Why not pop into Northern Runner and find out for yourself. On the Brooks Party Day we will have free gifts to give away for simply coming in and trying on a pair of Brooks shoes and a further gift should you choose to purchase them. So, come to the Brooks party and have a run in a pair of Brooks Shoes at Northern Runner.

NORTHERN RUNNER www.northernrunner.com

Northern Runner is dedicated to the service of runners, offering the very best equipment whether you run on road, trail or fell. Our friendly and knowledgeable staff are always glad to help.

Telephone 08456 120145 (local Rate) or email us at: sales@northernrunner.com

SUNDERLAND STROLLERS – Local runners may wish to join us on our club night for a training session or meet us on our various training runs during the week. All standards of runner welcome, please come along or contact Phil Tweddell on 0191 548 7552 or check out our club web site www.sunderlandstrollers.co.uk and/or email: p2p2010@sunderlandstrollers.co.uk



Peter Dunn & Co.
Solicitors



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City Council

LP31023

Sunderland Strollers Running Club & *South Shields Harriers A.C.*

PIER TO PIER RUN

2010

Sunday, 16th May 2010

Start 10.00am

Distance approximately 7.5 miles
UK Athletics Licence No. 2009-100247

Supported by Northern Runner and Brooks

ROUTE MAP AND COURSE



**Luxury Picnic Blanket to all finishers
Prizes for Men, Women and Vets**

The 'Pier to Pier' is one of the North East's most popular runs

The run will start on the beach at South Shields Pier and continue around a superb scenic route, following the cliff top paths past Marsden Rock, Souter Point Lighthouse, passing very quickly by the Firing Range, onto the beach at Whitburn and finishing at Roker Pier. Competitors are asked to keep away from public highways.

There will be transport from Roker to South Shields. Coaches leave Marine Walk between 8.00am and 9.00am for competitors with pre-paid tickets (**£2.00 to be paid with entry fee**).

There is NO transport after the race.

There is a two hour cut off finish time from the start of the race

Please note there are no changing facilities at the start or finish.

Baggage transport available from start at South Shields to finish at Roker.

ENTRY FORM

PLEASE COMPLETE IN BLOCK CAPITALS

Please Note: Competitors **MUST** be 16 years of age or over on the day of the race.
Please Note the Course is Unsuitable for people with Wheelchairs and Visually Impaired Runners. Contact the organisers if you have any Medical Condition or Disability you think they should be made aware of.

Surname: _____ Sex: _____

First Name: _____ Age on Race day ____ (Must be over 16 years)

Address: _____ Athletic Club: _____

_____ Athletic Reg. No: _____

_____ Telephone No: _____

Post Code: _____ E-mail: _____

**ENTRY FEE: £12.00 ATTACHED • £14.00 UNATTACHED
PLUS £2.00 TRANSPORT IF REQUIRED**

- Entry Fee Enclosed: Club Runner £12
 Non Club Runner £14
 Transport to Start (if required) £2

**CLOSING DATE FOR POSTAL ENTRIES – FRIDAY 7th May 2010
ENTRIES ACCEPTED ON THE DAY UP TO 9.30am – £15.00**

DECLARATION: I hereby declare that I am an amateur as defined by UK Athletics and that the above particulars are correct. Furthermore I am medically fit to run the above distance and fully understand that my participation in this event is entirely at my own risk. The organisers or sponsors of the event, their members, servants or agents shall not be liable in any way whatsoever in connection with any loss, damage, injury or death either caused to, or suffered by or caused by me. Neither are they responsible for any of my personal property lost or stolen or damaged.

Signature: _____ Dated: _____

Please send a 9" x 6" stamped addressed envelope with correct postage to:
'Sunderland Strollers', c/o P.Tweddell, 11 Westcliffe Road, Seaburn, Sunderland, SR6 9NW.

Cheques to be made payable to 'Sunderland Strollers'

www.sunderlandstrollers.co.uk

Applicants who do not provide a S.A.E. will not be entered into the Run.