

BROOKS: We would like to thank Brooks for their continued support and sponsorship of the Pier to Pier Run and for their invaluable assistance with equipment and prizes at this popular event each year.

Look out for the Brooks Promotions at Northern Runner due to take place in the next few months.

NORTHERN RUNNER is the North East's premier specialist running shop since 1998. We offer everything for the would be runner as well as the more experienced be it gait analysis, road running shoes, barefoot shoes, fell/trail shoes, clothing and accessories all with advice from our trained staff who all run. To see a selection of the products we sell go to www.northernrunner.com or pop into see us at our shop: Northern Runner, 52, Low Friar Street, Newcastle-upon-Tyne NE1 5UE or give us a ring 0191 2614322.

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: p2p2012@sunderlandstrollers.co.uk



Peter Dunn & Co.
Solicitors



BROOKS.



North East Vending Ltd



THE NATIONAL TRUST

Crozier Wedding Cars



LP31023

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

PIER TO PIER RUN

2012

Sunday, 20th May 2012

Start 10.00am

Distance approximately 7.5 miles

UK Athletics Licence No. 2012-102669

Supported by Northern Runner and Brooks

ROUTE MAP AND COURSE



**Runners Back Pack 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 required 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.
The Course is unsuitable for people with wheelchairs or 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: £13.00 ATTACHED • £15.00 UNATTACHED
PLUS £2.00 TRANSPORT IF REQUIRED**

Entry Fee Enclosed: Club Runner £13
 Non Club Runner £15
 Transport to Start (if required) £2

**CLOSING DATE FOR POSTAL ENTRIES –
SATURDAY 12th MAY 2012**

ENTRIES ACCEPTED ON THE DAY UP TO 9.30am – £17.00

DECLARATION: I declare that I am an amateur as defined by UK Athletics and will abide by the race rules and confirm that the above details are correct. I accept that the organisers shall not be liable for any accidents, injury, loss or damages as a consequence of my participation in the event.

Signature: _____ Dated: _____

Please send a 9" x 6" stamped addressed envelope with correct postage to:
 'Sunderland Strollers', c/o 3 Rose Street, Millfield, Sunderland, SR4 6AB.
 Cheques to be made payable to 'Sunderland Strollers'
 For entry enquiries telephone 07512209118 or visit our web site at
www.sunderlandstrollers.co.uk where processed entries will be published

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