



# Summers Evening Handicap

Run over 6.5 miles (approx.) of beautiful countryside  
**For the Gerry Kearsley Memorial Trophy**

**THURSDAY 16th JULY 2015**

7.00PM START - REGISTRATION FROM 5.30PM

An undulating and very scenic multi-terrain run with plenty of interest, from Fishburn and around Bishop Middleham near Sedgefield. Mostly off-road on trails and old railway routes.

## IMPORTANT INFORMATION

The **Start/Finish** is on the field on the left hand side as you go into Fishburn from Sedgefield (Just before Fishburn Service Station which is on the right). Parking is available on the field. If parking on the road please park with care. **Registration and Presentations in Fishburn Club 400m from the start. Parking and toilets also available at the Club.**

**Depending on the weather conditions there may be parts of the route that are soft, wet or muddy underfoot.** The route will be well marked and marshalled. **There will be no toilets or changing at the start/finish.**

**There is no entry fee.** Note that this is not a UK Athletics licenced event. **Runners take part at their own risk and Sedgefield Harriers cannot accept any responsibility for loss or damage arising from taking part in the event.** A risk assessment has been carried out and any necessary precautions are in place to remove or minimise risk. Participants are expected to act in the way they usually would in normal running circumstances e.g. when running alongside the road in Bishop Middleham.

### **Note – Members of Sedgefield Harriers must wear their club vest**

There will be **refreshments in Fishburn Club** at the end and the **presentations** will take place as soon as possible.

## HANDICAPPING

**Handicapping is based on best personal 10K time in the previous 12 months (it is not aged based).** If you have not done a 10k in that time we will estimate a time from results you give us (please be honest!). Prizes are awarded to the first runners back (not the fastest time). There will be a short presentation after the event.

## Entry is on the day only

Registration from 5.30pm – last registration 6.45pm

**For any further information please contact Ean Parsons on 07771 828 568 or e-mail [ean.p@sedgefieldharriers.co.uk](mailto:ean.p@sedgefieldharriers.co.uk) .**

**More info at [www.sedgefieldharriers.co.uk/gerry-kearsley-handicap](http://www.sedgefieldharriers.co.uk/gerry-kearsley-handicap)**