



Run Northumberland Hexham 10k

Sunday 25th September, 2022

RACE INFORMATION - PLEASE READ

Parking	<p>Parking is available at Wentworth car park – please display a parking disc and use the correct colour bays (white is all day)</p> <p>Wentworth Car Park, Hexham, NE46 3PD.</p>
Numbers	<p>Collect your number from the entrance to Tyne Green between 8.30am and 9.30am</p>
Toilets	<p>Located near registration / Tyne Green</p>
First Aid	<p>First aid will be available on the course and at the finish</p>
Bag Drop	<p>The bag drop is at the <u>finish</u> – not at the start or registration</p>
The Start	<p>Walk over the Tyne Bridge and turn right towards Egger, the start is just past the entrance to Egger factory. Anick Road, Hexham NE46 4JS</p> <p>10k starts at 10am</p> <p>5k starts at 10:15am</p> <p>Give yourself time to get to the start it is 1km from registration</p>
Water Station	<p>At 5km in the 10k race and at the finish</p>
The Course	<p>Both the 5k and 10k races are out and back – please run on the left side as runners will be traveling in both directions.</p> <p>Distance markers will be along the course every KM</p>
The Finish	<p>The finish is located on the road at Tyne Mills Industrial Estate (NOT Tyne Green) - Tyne Mills Ind Est, Hexham NE46 1XL</p>
Results	<p>Will be available online HERE after the race and on www.runnation.co.uk</p>

RUN NATION WORKING WITH SCHOOLS AND YOUNG ATHLETES THROUGH RUN KENYA

Bring your unwanted running shoes along to drop off this Sunday and we will recycle them to a good home.



Our story began during lockdown when we made contact with schools and coaches in Kenya. We have sent clothing and running shoes to help school children and youngsters in Kenya and Uganda as well as helping needy children with their school fees.

We have had an amazing response and we will keep it going into 2022. Please get in touch if you would like to know more or to join us with this work.

