



# Winters Day Handicap

Run over approximately 6 miles of beautiful countryside for the  
**Gerry Kearsley Memorial Trophy**

**SUNDAY 16th JANUARY 2022**

10.00AM START - REGISTRATION FROM 9.00AM

An undulating and very scenic multi-terrain run with plenty of interest - two laps of the 'Bishop Middleham circular'. Mostly off-road on trails and old railway routes.

## **IMPORTANT INFORMATION**

Registration and the Start/Finish are at Bishop Middleham Village Hall (**DL17 9AJ**).

**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 is no entry fee.** Note that this is not a UK Athletics licenced event (Though covered under UKA insurance cover). **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**

**Presentations will take place in Bishop Middleham Village Hall** after the event.

## **HANDICAPPING**

**Handicapping is based on best personal 10K time in the previous 12 months (it is not age 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).

**Entry is on the day only**

Registration from 9.00 a.m.– last registration 9.45am

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