



THE NEPTUNE RELAYS

EA event licence - #30855

4 – STAGE RELAYS - HARDWICK PARK, SEDGEFIELD
Competitive Field, Great Atmosphere, Lovely Venue on a Spring Evening

WEDNESDAY 29 April 2026 START 6.45PM

There will be a staggered start with men's teams (including vets) going off at 6.45pm and women's teams and all others including mixed going off at 6.50pm. All athletes must be ready at 6:45pm. Club vests must be worn for easy identification (non club runners should wear vests of a similar colour/design)
Prizes – trophies and fruit

Open to teams of four runners for teams of Men, Women and Juniors (11+ and U17). Separate trophy for Non-club Teams (composite club teams will be regarded as club teams; non-club teams must include at least one unattached runner).

Mixed men's/women's teams are accepted but are not eligible for trophies and prizes.
Categories – Seniors, Juniors, MV50, FV45, Non-club.

Stages of approx 1.7 miles around the beautiful setting of historic Hardwick Park, Sedgefield, TS21 2DN

Toilets but no changing facilities at this event. Runners take part at their own risk.

For further details – email neptunes@sedgefieldharriers.co.uk

Directions: Jnc 60/Bradbury of A1 or Wolviston turn-off of A19, follow A689. From the Sedgefield Racecourse roundabout take the A177 north in the direction of Coxhoe. After 200m turn left into the Hardwick Park visitor centre car park. **Parking (pay & display) is available at the visitor centre and the car park will be open until after the event is completed.** Registration is in the Visitor Centre and the start/finish is next to the Temple.

Registration and number collection will be open from 5pm

Teams can register in advance by emailing neptunes@sedgefieldharriers.co.uk

Team entries are £20 attached and £24 unattached

(Reduced price only when **all runners** in team are UKA affiliated)

Full team payment must be made at the time of registration by bank transfer

Account details - Sedgefield Harriers; 54-21-54; 35307986

To help with identification at changeovers CLUB VESTS MUST BE WORN and for non-club teams PLEASE try and wear the same colour vest/tee.