Heaton Memorial 10k Race Sunday 11th November 2018, Exhibition Park, Newcastle



$\frac{\text{KEY:}}{10\text{K}} = \textbf{A} \textbf{B} \textbf{G} \textbf{D} \textbf{E} \textbf{F} \textbf{G} \textbf{H} \textbf{I} \textbf{J} \textbf{E} \textbf{K} \textbf{B}$ G D E F G H I J E K BG D E F G H I J E K B A = FINISH5K = One Lap (excluding F G F)

Chief Marshall & First Aid: Ted: 07920 264 172 or First Aid: 07733 134 556

