



NFR LGBT 5K

Friday 21st July 2017

Join us for Newcastle Frontrunner's 6th annual race

Newcastle Town Moor

Race starts at 6.45pm

Gates open at 6pm with access to refreshments and bag drop



A fast and flat course with professional chip timing and prizes up for grabs in both male and female categories:

1st Place - £50

2nd Place - £30

3rd Place - £20

A medal and goody bag for all runners

For every 12 people in your team receive a £50 donation

Fancy dress optional with prize for best dressed

£12 entry for UKA athletic affiliated members
(£14 entry for non-UKA members)

Entry includes £1 donation to Rainbow Trust
NFR's nominated charity.

Enter at: www.newcastlefrontrunners.co.uk

*Only one team, club or charity per runner. Please indicate your team name at time of entry.