

# BORDER HARRIERS & ATHLETIC CLUB



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## 73rd BRAMPTON TO CARLISLE 10 MILE ROAD RACE

Incorporating the Northern Athletics and North Eastern Counties

10 Mile Road Race Championships

**Sunday 16th November 2025**

**Start Time 10:00am**



Officially the oldest 10 mile road race in the UK.

This fast accurate course attracted 850 runners last year.

The race starts at William Howard School, Brampton and finishes on the Eden Bridge, Carlisle (close to the Sands Centre) via the A689, through Newby East, A689, and B6264.

Previous winners include Ron Hill, Steve Cram and Angie Pain.

2022 winner Phil Sesemann quoted "An honour to win the Brampton-Carlisle 10 Mile Road Race in its 70th year". His winning time was 48:48.

## Race Entry

- Enter at [www.race-results.co.uk](http://www.race-results.co.uk). Online entries only – no postal or on the day entries.
- Entries close at 11:59pm on 13th November 2025.
- Entry Fees: UKA Affiliated - £24, Unattached - £26.
- Border Harriers Members Entry Fee - £12.

## Race Rules

- In accordance with UK Athletics rules.
- Minimum age 17 on day of race.
- NO HEADPHONES to be worn during the race. Only Bone Conduction headphones are allowed.
- Race numbers not transferable.
- Club vests must be worn for UKA Affiliated entries.

## Prizes

- £250 to first male + additional £100 if sub 49 minutes.
- £250 to first female + additional £100 if sub 55 minutes.
- Comprehensive cash prizes for individual, veteran and UKA teams (male and female).
- Race memento for all finishers. Please state required Tee-Shirt size with entry or 'Please Plant a Tree' if you do not require a Tee-Shirt.
- Full List of prizes.

### Senior Men

1st	£250
2nd	£100
3rd	£75
4th	£60
5th	£50
6th	£40
7th	£35
8th	£35
9th	£30
10th	£25

### Over 40 Men

1st	£40
2nd	£25
3rd	£15

### Over 45 Men

1st	£40
2nd	£25
3rd	£15

### Over 50 Men

1st	£40
2nd	£25
3rd	£15

### Over 55 Men

1st	£40
2nd	£25
3rd	£15

### Over 60 Men

1st	£40
2nd	£25
3rd	£15

### Over 65 Men

1st	£40
2nd	£25
3rd	£15

### Over 70 Men

1st	£40
2nd	£25
3rd	£15

### Senior Women

1st	£250
2nd	£100
3rd	£75
4th	£60
5th	£50
6th	£40
7th	£35
8th	£35
9th	£30
10th	£25

### Over 35 Women

1st	£40
2nd	£25
3rd	£15

### Over 40 Women

1st	£40
2nd	£25
3rd	£15

### Over 45 Women

1st	£40
2nd	£25
3rd	£15

### Over 50 Women

1st	£40
2nd	£25
3rd	£15

### Over 55 Women

1st	£40
2nd	£25
3rd	£15

### Over 60 Women

1st	£40
2nd	£25
3rd	£15

### Over 65 Women

1st	£40
2nd	£25
3rd	£15

### Over 70 Women

1st	£20
2nd	£10

### Men's and Women's Team

1st	3 x £25
2nd	3 x £20
3rd	3 x £15

### Men's and Women's Masters Teams

1st	3 x £25
2nd	3 x £20
3rd	3 x £15

Please note that the Age Group prize list may alter depending upon number of athletes competing.

## Other Information

- For further information please email [info@borderharriers.co.uk](mailto:info@borderharriers.co.uk).
- Further information can also be found at [www.borderharriers.co.uk](http://www.borderharriers.co.uk).
- Buses running from the Sands Centre to the start. Cost of £5 to be paid with entry.
- Free baggage bus running from the start to the finish.
- In accordance with UK rules – Licence Number Pending.
- Course measurement certificate number 21/342 dated 21st October 2021.
- Presentation of prizes to be held as soon as possible after the completion of the race. Location of presentation to be the main sport hall in the Sands Centre.
- Top 10 Male and Female prizes to be given out on the day.
- Team and Age Group prizes to be sent out after the event.
- Allowed maximum race time to keep the athletes safe is 2 hours.

## Northern Athletics Championships

- If your club is registered with Northern Athletics on the day of the race you will automatically qualify to be part of the Northern Athletics 10 Mile Championship.
- Northern Athletics Championship medals to be presented on the day.
- Individual prizes to be first 3 Male and Female finishers.
- Team prizes to be first 3 Male and Female Teams (3 people to count for a team).

## North Eastern Counties Championships

- NECCA events are confined to athletes born or having bona fide residence for nine months prior to the date of the competition, in the counties of Northumberland, Durham, Tyne and Wear, Cleveland or Cumbria. Athletes may compete in the Championships of only one County Association in any one calendar year.
- NECCA are operating under rule 21 S6 as one County and clubs must abide by these rules regarding qualifications and any other matters.
- NB This does not qualify students who have resided during term time alone.