



## The Union Chain Bridge

1820

Glance up at this intertwined rose and thistle motif on both parapets as you cross and re-cross the Union Bridge. The Friends of the Union Chain Bridge are assisting Northumberland County Council and Scottish Borders Council in their efforts to secure the repair and restoration of the oldest suspension bridge in Europe still in use by vehicular traffic.

As a “thank you” for entering the runs we will give you free membership of the Friends (usual membership fee £5) through to December 2020, with no obligation to renew. You’ll receive Friends Newsletters and details of Friends events. If you don’t wish to become a Friend free of charge, please put a cross here.....

If you give us your e-mail address on the entry form, we undertake to use it only to let you know about the Friends’ activities and **not** to pass it to any other person or organisation.



The Friends of the Union Chain Bridge is registered as a Charity in England and Wales (No 1162687) and in Scotland (No SC046208) and is a Charitable Incorporated Organisation formed under the Charities Act 2011



# The 4<sup>th</sup>

# TWO NATIONS International Run!

## 7k\* and 1.8k\* Runs

## PAXTON HOUSE

## SUNDAY JULY 28<sup>th</sup> 2019

## 11am

\*approximate distances – only the 7k run is “International”!

Come along to Paxton House on Sunday July 28<sup>th</sup> for a morning of Runs for all the family – a challenging 7k\* cross-country, cross-border, cross-Bridge run and a shorter 1.8k\* run within the grounds of Paxton House for all the family, including parents and children

**THE 7k\* INTERNATIONAL RUN!**

This run starts at Paxton House at **11am** and covers a varied course on both sides of the Union Chain Bridge – gravel tracks, riverside and field grass paths, the Bridge, country lanes, stiles, cattle grids!  
Open to runners aged 15+

**THE 1.8k\* FUN RUN**

This run, which is ideal for fun-runners and parents with young children, covers a course on gravel and grass paths, including riverside, within the Paxton House estate grounds and starts shortly after the 7k run.

Children under 8 must be accompanied by an adult.

\*approximate distances and timings

**REGISTRATION open from 10am**

Complete the form and bring it along on the day or send it, with entry fee(s), to Friends Run, Chain Bridge House, Horncliffe, Berwick-upon-Tweed TD15 2XT (cheques payable to “The Friends of the Union Chain Bridge”) to fast-track your entry.

***Why not stay for lunch at the Paxton House tearoom and take a boat trip on the River Tweed, tides permitting***

**REGISTRATION FORM FOR 7K .....\*or 1.8K.....\*  
(\*tick as appropriate)**

Surname.....M/F

Forename(s).....

Address.....

.....

Postcode.....Tel.....

e-mail.....

Date of Birth...../...../.....Age on race day.....

Affiliated club (if any).....

**Entry fee: £5 Under 16: £3**

I agree to abide by the rules of the event and that the officials’ decision will be final. I confirm that I have no medical disability that could endanger myself or others taking part. I understand that I enter the run (or, for U-16s, I enter my child in the run) at my own risk, that I am aware of the all-terrain nature of the course, and that I will indemnify the organisers of the event and the landowners of the course against any injury or illness, however caused or arising, sustained as a result of my participation in the run.

Signed.....

(Parent of U-16).....Date:...../...../.....

For ***free membership of the Friends***, please see back page of this form.