

1st Prize £200 for male and female winners

Plus extensive prize list throughout the age categories

T-Shirt for all 10 Mile finishers

The Norman Smith Trophy is awarded to the 1st unattached male and female in the YO7 postcode area

Sunday 13 March 2022

Thirsk 10 - 10.00 am

Fun run - 9.00 am

Start and finish at Thirsk Race Course

*****Plenty of parking available*****

Closing date for postal entries: 5th March 2022

(entries accepted on the day up to 09.30 am if race limit is not reached)

Results and more information visit www.thirskandsowerbyharriers.co.uk

Entry Fee: 10 Mile : Attached £18 Unattached £20 (Entries on the day +£2) Fun Run £2

Race held under UK Athletics rules: UK Athletics licence number : applied for

All numbers and chips to be collected on race day. Include SAE if you want race info posted to you.

The 10 Mile race is not traffic free – for safety reasons, no earphones allowed – failure to observe this will lead to disqualification.

No Dogs

Please note: all entrants in 10 mile road race must be 17 years or over on 13 March 2022. Parental/Guardian permission must be given to all runners under the age of 18 on race day.

Entries to: Race Secretary, 2 De Grey Terrace, Carlton Miniott, Thirsk, North Yorkshire, YO7 4ND, tel: 01845 574631

Cheques or postal orders payable to 'Thirsk and Sowerby Harriers' please



Enter online at bookitzone.com – Preferred Method

please tick appropriate box

First Name	<input type="checkbox"/> M17-29	<input type="checkbox"/> F17-29		
Surname	<input type="checkbox"/> M30-39	<input type="checkbox"/> F30-39		
Address	<input type="checkbox"/> M40-49	<input type="checkbox"/> F40-49		
.....	<input type="checkbox"/> M50-59	<input type="checkbox"/> F50-59		
Postcode	Phone	<input type="checkbox"/> M60-69	<input type="checkbox"/> F60-69	
Email Address	<input type="checkbox"/> M70-79	<input type="checkbox"/> F70-79		
Date of Birth	Age on Race Day	<input type="checkbox"/> M80+	<input type="checkbox"/> F80+	
Affiliated Club				
EA Reg No				
T Shirt Size	<input type="checkbox"/> small	<input type="checkbox"/> medium	<input type="checkbox"/> large	<input type="checkbox"/> extra large
Race Entry	<input type="checkbox"/> 10 Mile	<input type="checkbox"/> Fun Run		

ENTRY FEES: £18.00 (£20.00 unattached) entry on the day £2.00 extra but eligible for prizes – Fun Run £4

TOTAL ENCLOSED £.....

I am an amateur as defined by the rules of UK Athletics and I am fit and healthy to run. I agree that the race organisers will in no way be held responsible for any injury, illness or loss of property occurring during or as a result of the race or personal costs should the race be cancelled.

Signature Date