

**1<sup>st</sup> 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 1<sup>st</sup> unattached male and female in the YO7 postcode area**

***Sunday 15 March 2020***

***Thirsk 10 - 10.00 am***

***Wheelchair race - 09:50 am***

***Fun run - 9.00 am***

***Start and finish at Thirsk Race Course***

**Closing date for postal entries: 9<sup>th</sup> March 2020**

(entries accepted on the day up to 10.00am if race limit is not reached)

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

Results and more information visit [www.thirskandsowerbyharriers.co.uk](http://www.thirskandsowerbyharriers.co.uk)

**Entry Fee: 10 Mile/Wheelchair : Attached £16 Unattached £18 (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 15 March 2020. 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

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## Enter online at [bookitzone.com](http://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"/> Wheelchair	<input type="checkbox"/> Fun Run	

**ENTRY FEES:** £16.00 (£18.00 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 .....