

# THIRSK 10 MILE ROAD RACE

(and WHEELCHAIR RACE)



*Sunday 19 March 2017*

*Thirsk 10 - 11.00 am*

*Wheelchair race - 10:50 am*

*Fun run - 10 am*

*Start and finish at Thirsk Race Course*

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

**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**

**\*\*Bonus of £100 for beating previous best times\*\***

**The Norman Smith Trophy is awarded to the 1<sup>st</sup> unattached finisher in the YO7 postcode area**

Course records: 48:45 Jonathan Taylor (Morpeth H) 2015

and 57:10 Alyson Dixon (Sunderland Strollers) 2013

**Closing date for postal entries: 11<sup>th</sup> March 2017**

(entries accepted on the day up to 10.30am)

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 £4**

Race held under UK Athletics rules: UK Athletics licence number : 2017-28292

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 19<sup>th</sup> March 2017. 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"/> M18-39	<input type="checkbox"/> F16-34
Surname .....	<input type="checkbox"/> M40-44	<input type="checkbox"/> F35-39
Address .....	<input type="checkbox"/> M45-49	<input type="checkbox"/> F40-44
.....	<input type="checkbox"/> M50-54	<input type="checkbox"/> F45-49
Postcode ..... Phone .....	<input type="checkbox"/> M55-59	<input type="checkbox"/> F50-54
Email Address .....	<input type="checkbox"/> M60-64	<input type="checkbox"/> F55-59
Date of Birth ..... Age on Race Day .....	<input type="checkbox"/> M65-69	<input type="checkbox"/> F60-64
Affiliated Club .....	<input type="checkbox"/> M70+	<input type="checkbox"/> F65+
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 .....