

THIRSK 10

**Presented by Thirsk and Sowerby Harriers
Incorporating the Yorkshire VAA 10 Mile Road Championships
and Wheelchair Race**

also Fun Run – approx 1.5 miles off road

Trophies in Yorks Vets competition in 5 year age categories. **Pre entries only.** Open to all athletes who are members of a club affiliated to YVAA, or an individual member of YVAA.

The Norman Smith Trophy is awarded to the 1st unattached finisher in the YO7 postcode area

March 20th 2016

Start Time – : Thirsk 10 - 11.00 a.m. Wheelchair race - 10.50 am

Fun Run - 10am - Not timed. Memento for all entrants.

Chip timing for 10 mile race. Tee Shirt to all 10 mile finishers.

1st prize £200 for male and female winners

Plus extensive prize list throughout the age categories.

Bonus of £100 for beating previous best times – currently -

Male 48.45 (Jonathan Taylor, Morpeth H 2015), Female 57.10 (Alyson Dixon Sunderland Strollers 2013)

The 10 mile race is not traffic free

For safety reasons, no ipods etc. allowed. Failure to observe this will lead to disqualification.

ALL ENTRANTS IN 10 MILE RACE MUST BE 17 YEARS OR OVER ON 20th March 2016

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

Parental or Guardian permission must be given to all runners under the age of 18 on race day.

Entry Fee: 10 Mile: Attached £16.00, Unattached £18.00 Fun Run £4

Entries on the day + £2 for 10 mile race, permitted up to 10.30 a.m.

Closing Date for postal entries 12th March 2016. For safety reasons NO DOGS

Enter on-line at bookitzone.com - Preferred Method

Postal Entries to Race Secretary, 64 Admiral's Court, Sowerby, Thirsk YO7 1RR

Phone 01845 522805

All numbers and chips to be collected on the day

Cheques payable to Thirsk & Sowerby Harriers. www.thirskandsowerbyharriers.co.uk

Surname First Name

Address

Post Code

e-mail Telephone No.

Date of Birth Age on Race Day Male / Female

Club uka Number

Tick if you wish to enter YVAA Champs..... Circle tee shirt size S M L XL

Entries with insufficient postage will not be collected from sorting office.

A 2nd class stamp will do provided envelope is not too big..

Fee Enclosed: - 10 mile/W/chair : attached £16.00, unattached £18.00. Fun Run £4

(Please circle as appropriate)

Declaration – Please enter me for the race as indicated above. I agree that the race organisers will in no way be held responsible for any injury or damage caused to me during the course of the run

and that I am fit and healthy to run. In the unlikely event of the race being cancelled, entry fee will not be refunded

Signed (by parent or guardian if under 18)Date.....