

THIRSK 10

and Wheelchair Race

also Fun Run – approx 1.5 miles off road
Presented by Thirsk and Sowerby Harriers

on March 23rd 2014

Start Time – : Thirsk 10 - 11.00 a.m.

Wheelchair race - 10.50 am

Fun Run - 10am - Not timed

Memento for Fun Run entrants

Chip timing for 10 mile race

Tee Shirt to all 10 mile finishers.

1st prize £150 for male and female winners

Plus extensive prize list throughout the age categories.

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 23rd March 2014

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 for 10 mile race permitted up to 10.15 a.m.

Closing Date for postal entries 14th March 2014.

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

Please enclose A5 SAE with appropriate postage.

Cheques payable to Thirsk & Sowerby Harriers.

Surname First Name

Address

Post Code

e-mail Telephone No.

Date of Birth Age on Race Day Male / Female

Club uka Number

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

Fee Enclosed: - 10 mile: 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.

Signature (by parent or guardian if under 18).....

www.thirsk&sowerbyharriers.co.uk

In the unlikely event of the race being cancelled, entry fees will not be refunded.