

1st 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 1st unattached finisher in the YO7 postcode area

Sunday 17 March

Thirsk 10 - 10.00 am

Wheelchair race - 09:50 am

Fun run - 9.00 am

Course records: 48:45 Jonathan Taylor (Morpeth H) 2015
and 57:10 Alyson Dixon (Sunderland Strollers) 2013

Closing date for postal entries: 10th March 2019

(entries accepted on the day up to 10.00am)

Start and finish at Thirsk Race Course

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

Results and more information visit 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 : 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 17 March 2019. 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 – 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

from.ukresults.net