THIRSK 10 MILE ROAD RACE
(and WHEELCHAIR RACE)

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

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

Closing date for postal entries: 31st March 2018
(entries accepted on the day up to 10.30am)

Results and more information visit www.thirskandsowerbyharriers.co.uk

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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 8th April 2018. 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

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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 ..............................................