



Thirsk & Sowerby Harriers present



The Sessay Swift 6k



**Wednesday August 21st 2019
at 7.30 pm**



Licence applied for. Race subject to UKA rules.

A flat, fast one lap road race starting and finishing in the attractive village of Sessay near Thirsk in North Yorkshire.

NO HEAD PHONES

Toilets, changing and showers are available, and a secure, manned baggage area will be provided.



Prizes will be awarded to 1st, 2nd and 3rd Men and Women,
with category prizes. No runner to get more than one prize.



Entry fee - £8 affiliated, £10 unaffiliated.

The race will be chip timed this year. Race limit 300

Postal entries close on Fri 16th August. Entries on the day may be accepted with an additional charge of £2 provided entry limit has not been reached beforehand.

No refunds can be made. Online entries may be made at bookitzone.com

Numbers to be collected on the evening of the race.

Send your entry, with cheque payable to Thirsk and Sowerby Harriers,
to Race Secretary, 64, Admiral's Court, Sowerby, Thirsk North Yorkshire YO7 1RR

Minimum age for entry - 15 years Enquiries can be made to 01845 522805

Further information available at:- www.thirskandsowerbyharriers.co.uk

The Sessay Swift 6k Entry Form



Surname First Name(s)

Address

..... Post Code

Email Address (**print clearly**) Tel. No.

Male / Female Age (Min. 15) Date of Birth

Club (if applicable) Club Membership No.

Fee enclosed £.....

I am an amateur as defined by UKA laws and agree to abide by their rules. I take part in the event at my own risk and will not hold the organisers responsible for any loss, injury or sickness that may arise from my taking part. I also agree that the organisers may change or alter any of the above race description and in the unlikely event of the race not going ahead the organisers may not refund all or part of my entry fee.

Signature (if under 18, Parent/Guardian) Date