

Thirsk & Sowerby Harriers present the

# THIRSK 10

## Incorporating North of England 10 Mile Road Race Championships plus Fun Run (2 miles approx. off road)

Held under U.K.Athletics rules. Permit applied for

**From Thirsk Racecourse**

**November 29<sup>th</sup> 2009**

**Start Times – Fun Run - 10.00 a.m. : Thirsk 10 - 11.00 a.m.**

Chip timing for all finishers – new this year for the Thirsk 10

**T Shirt to all finishers of 10 mile race. Hat to all finishers in Fun Run**

**1st prize £250 for male and female winners**

**Plus £250 prize for the first finisher under 50 minutes**

Prizes for First 10 Males, First 10 Females

Team prizes 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> -dependent on entries (4 to count)

First three male vets over 40; 45; 50; 55; 60; 65; 70 dependent on entries.

First three female vets over 35; 40; 45; 50; 55, 60 and 65 dependent on entries

### North of England Championship Medals

First 3 Male First 3 Female

First 3 Male and Female Teams (3 to count)

(Entrants on the day do not qualify for championship medals)

Entrants for the North of England Championships must meet UKA Athletics rules for Championship Qualification

**ALL ENTRANTS IN 10 MILE RACE MUST BE 17 YEARS OR OLDER ON 29<sup>th</sup> NOVEMBER 2009**

**Entry Fee: 10Mile: Attached £12.00 Unattached £14.00 Fun Run £4.00**

Please enclose 9x6 Stamped Addressed envelope. **Please ensure sufficient postage for size of envelope**

**Entries on the day permitted but do not qualify for prizes.**

Cheques payable to **Thirsk & Sowerby Harriers.**

Tel. 01347 848064

Entries to: Thirsk & Sowerby Harriers, Village Farm Cottage, Cherry Tree Av, Newton on Ouse, YO30 2BN

**CLOSING DATE 7TH NOVEMBER 2009**

**For safety reasons NO DOGS**

## THIRSK 10

Race No

Surname ..... First Name .....

Address: .....

..... Post Code: .....

Phone No: ..... E-mail Address: .....

Date of Birth: ..... Age on Race Day: ..... Male/Female (delete)

Club: ..... No EAA No: .....

**Fee Enclosed: - 10 mile: attached £12.00, unattached £14.00. Fun Run £4.00**

Please circle as appropriate. Photo copies accepted – **One entry only per form**

Declaration: Please enter me for the race as indicated above. I agree that the race organisers will be in no way 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.  
Competitors' rights covered by the Data Protection Act.

Please include me in (tick box if applicable)

Northern Championship Entry  
(minimum age 17 years on 29<sup>th</sup> November 2009)

Open Race

Signature\* .....

(Fun Run: Parent or Guardian if entrant under 17 on 29<sup>th</sup> November 2009)

[www.thirskandsowerbyharriers.co.uk](http://www.thirskandsowerbyharriers.co.uk)