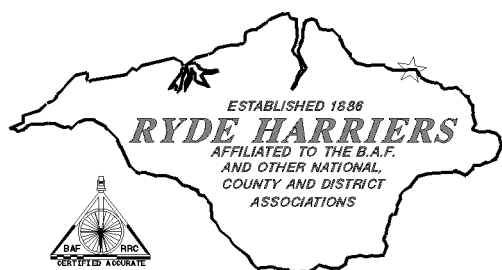


# THE BRADING 10 Km ROAD RACE 2010

ORGANISED BY RYDE HARRIERS  
(UNDER UK ATHLETICS RULES - SEAA PERMIT No 2010-0006)

**SUNDAY 20th JUNE 2010 AT 11.00 AM**

**MEDALS TO ALL FINISHERS**



**Venue** Smallbrook Stadium, Ryde, Isle of Wight. Grid Reference SZ 591904.

**Course** One lap, undulating, scenic. SEAA Course Accuracy Certificate 08/016.

**Records**

SM	Graham Payne (Southend A.C.)	0.29.31 (1984)	SW	Pauline Shore (Burnham Joggers)	0.36.17 (1988)
M40	D Fudge (Portsmouth A.C.)	0.32.01 (1985)	W35	Michaela McCallum (Winchester & District)	0.36.45 (2005)
M50	Graham Tuck (Isle of Wight A.C.)	0.34.31 (2003)	W45	Jan Ross (Winchester & District)	0.40.45 (2005)
M60	W Davies (South West Vets A.C.)	0.39.20 (1991)	W55	Madeline Goodman (West Wight R.R.)	0.48.42 (2003)
M70	William Davies (Winchester & District)	0.47.06 (2002)			

**Awards**

**Women** 1, 2, 3; V35 1, 2; V45 1, 2; V55 1.  
Teams of three 1, 2, 3.

**Men** 1, 2, 3, 4; V40 1, 2, 3; V50 1, 2; V60 1, 2; V70 1.  
Teams of three 1, 2, 3.

**Numbers Travelling** To be collected from Registration on Race Day – not sent out in advance.  
Transport will be provided from Ryde, connecting with the Wightlink Catamaran 8.45am and 9.15am sailing's only, return fare £2.00, details sent with acknowledgement. In order that numbers may be estimated please indicate on entry if transport required.

**Fees** £6 UK ATHLETICS affiliated club member, £8 unattached runners.  
Cheques payable to RYDE HARRIERS.

**Closing Date** Saturday 12th June (postal entries). ENTRY ON THE DAY PLUS £2.

**Reply To** Race Secretary (BR10K), Ryde Harriers, PO Box 152,  
Ryde, Isle of Wight, PO33 1BH.  
Please include a S.A.E. if you require acknowledgement or provide e-mail address.

**Enquiries** Telephone Alan Kent on 01983 568142 (Evenings).  
e-mail races@rydeharriers.co.uk  
website www.rydeharriers.co.uk

Detach here

PLEASE ENTER ME FOR THE BRADING 10 Km ROAD RACE 2010 RYDE HARRIERS

**Surname:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**First Name:** \_\_\_\_\_ **Sex (M/F)** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Age on Race Day** \_\_\_\_\_  
(Minimum 15yrs.)

\_\_\_\_\_ **Transport Required** \_\_\_\_\_

\_\_\_\_\_ **Phone No:** \_\_\_\_\_

**e-mail** \_\_\_\_\_ **UkA Registration No:** \_\_\_\_\_

**CLUB (UK ATHLETICS affiliated) or UNATTACHED**

\_\_\_\_\_

I am medically fit and understand that I enter at my own risk and that the organisers shall not be held responsible for any accident, injury, loss or damage as a consequence of my participation in this event. I confirm that I am an amateur as defined by UK Athletics rules.

**RYDE HARRIERS** Signed: \_\_\_\_\_ Date: \_\_\_\_\_