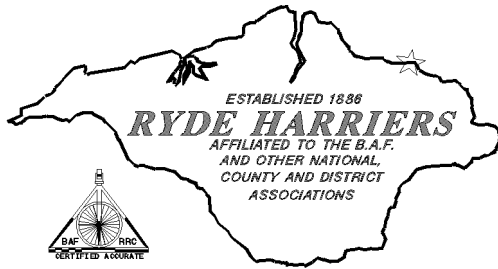


# THE ISLE OF WIGHT HALF MARATHON ROAD RACE 2010

ORGANISED BY RYDE HARRIERS

SUNDAY 15th AUGUST 2010 AT 11.00 AM



MEDALS AWARDED TO ALL FINISHERS



UNDER UK ATHLETICS RULES  
SEAA PERMIT No. 'APPLIED FOR'

Venue Sandown and Shanklin (Hurricanes) Rugby Club, The Fairway, Sandown, Isle of Wight.  
Grid Reference SZ 591844  
Course One lap, undulating, scenic. SEAA Course Accuracy Certificate 00/086.

## Records

ALL RECORDS RESET AFTER 2000 RACE COURSE CHANGE.

SM	Andy Morgan-Lee (Salford Harriers)	1:09:42 (2003)	SW	Vicky Pincombe (Minehead R.C.)	1:18.45 (2000)
M40	Graham Tuck (Isle of Wight A.C.)	1:14.43 (2000)	W35	Kathryn Drake (Spennborough A.C.)	1:35.25 (2001)
M50	Graham Tuck (Isle of Wight A.C.)	1:17.37 (2001)	W45	Sara Rhimes (Eastleigh R.C.)	1:28.18 (2000)
M60	Tony Kelly (Worthing Striders)	1:29.36 (2004)	W55		
M70	Geoffrey Mills (Hardley Runners)	1:47.35 (2004)			

Awards Women 1, 2, 3; V35 1; V45 1; V55 1 1<sup>st</sup> team of three.  
Men 1, 2, 3, 4; V40 1, 2, 3; V50 1, 2; V60 1, 2; V70 1.  
Teams of three 1, 2, 3.

Numbers Sent out in advance.

Medals Medals will be awarded to all finishers.

Travelling Frequent train service to Sandown station (five minutes walk from venue) from Ryde pier. The train connects with each Portsmouth to Ryde Wightlink Catamaran, details sent with acknowledgement.

Fees £8.00 UK ATHLETICS affiliated club member, £10.00 unattached runners.  
Cheques payable to RYDE HARRIERS.

Closing Date Saturday 7th August (postal entries). ENTRY ON THE DAY PLUS £2.

Reply To Race Secretary (HM), Ryde Harriers, PO Box 152,  
Ryde, Isle of Wight, PO33 1BH.  
Please include a 9" x 6" S.A.E. for race details and NUMBER.

Enquiries Telephone Dave Furmidge on 01983 565296 (Evenings).  
e-mail races@rydeharriers.co.uk  
website www.rydeharriers.co.uk

Detach here

PLEASE ENTER ME FOR THE ISLE OF WIGHT HALF MARATHON 2010 RYDE HARRIERS

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

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

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Age on Race Day \_\_\_\_\_  
(Minimum 17yrs.)

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

e-mail \_\_\_\_\_ UKA Registration No: \_\_\_\_\_

CLUB (affiliated to UKA) 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: \_\_\_\_\_