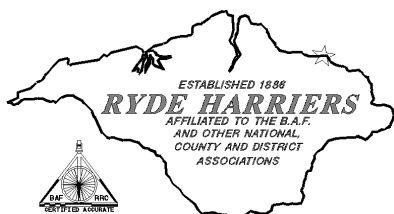


56th INTERNATIONAL ISLE OF WIGHT MARATHON RACE

Incorporating the 37th Annual Open Women's I.O.W. Marathon

SUNDAY 7th OCTOBER 2012 AT 11.00 AM



UNDER UK ATHLETICS RULES – UKA Permit No: 2012-102963

MEDAL AWARDED TO ALL FINISHERS

PLEASE NOTE - FOR SAFETY REASONS THE USE OF HEADPHONES IS NOT PERMITTED

Start Ryde Boating Lake, Ryde Esplanade, Isle of Wight.
Grid Reference SZ 601927.
Course Small/Big lap, undulating town and rural roads, Ryde to Binstead, Quarr Hill to Wootton, loop back Firestone Copse/Newnham Lane to Binstead then Wootton, Wootton Common, Staplers, Pan, Shide to Arreton, Lake, Sandown, Brading and Ryde. Marker boards at each mile point. The course is not suitable for wheelchairs. SEAA Course Accuracy Certificate 11/213.
<http://www.mapmyrun.com/routes/view/44791562>

TIME LIMIT – 3 hours 10 minutes at 15 MILES – 6 hours at Finish

Fees £12.00 UK ATHLETICS affiliated club member, £15.00 unattached runners.
 Cheques payable to RYDE HARRIERS.

Closing Date Saturday 29th Sept (postal entries). ENTRY ON THE DAY PLUS £3.

Reply To Race Secretary (Marathon), 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 Steve Lee on 01983 616497
 e-mail races@rydeharriers.co.uk
 web-site www.rydeharriers.co.uk

Detach here

PLEASE ENTER ME FOR THE ISLE OF WIGHT MARATHON 2012

RYDE HARRIERS

Surname: _____

Date of Birth: _____

First Name: _____

Sex (M/F) _____

Address: _____

Age on Race Day _____

(Minimum 18yrs.)

e-mail _____

Phone No: _____

UKA Registration No: _____

CLUB (if affiliated to UK ATHLETICS) 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: _____

| | | | |
|----------------------|--|--|--|
| Records | SM | Mark Pickard (Epsom & Ewell Harriers) | 2.22.02 (1982) |
| | M40 | John Hurt (Bournemouth A.C.) | 2.28.54 (1981) |
| | M50 | Peter Lawrence (Hastings A.C.) | 2.42.58 (1987) |
| | M60 | Doug Whiting (Herne Hill Harriers) | 3.15.31 (1988) |
| | M70 | Doug Whiting (Road Runners Club) | 3.48.33 (1999) |
| | SW | Leslie Watson (London Olympiades) | 2.52.56 (1981) |
| | W35 | Leslie Watson (London Olympiades) | 3.00.59 (1994) |
| | W45 | Pamela Davies (Belgrave Harriers) | 3.21.29 (1985) |
| | W55 | Gina Little (Plumstead Runners) | 4.01.28 (2000) |
| Awards | Women | | First three individuals. V35 1, 2; V45 1; V55 1. |
| | Men | | First six individuals. V40 1, 2, 3; V50 1, 2; V60 1; V70 1. Teams of three 1, 2, 3. |
| Trophies | Borough of Ryde Cup | | 1st Individual. |
| | Albert Leal Memorial Cup | | 1st Woman. |
| | Joan Tait Cup | | 1st Men's Team (three to count, position basis). |
| | Jubilee Trophy | | 1st Veteran's Team (three to count, position basis). |
| I.O.W. Awards | Challenge Shield | | 1st Island Club first claim member. |
| | Dave Loveless Memorial Cup | | 1st Island Veteran. |
| | Bob Pawling Memorial Trophy | | Oldest Ryde Harrier to finish. |
| | Trophies | | 1st three Island finishers. |
| | Ryde Harriers Challenge Trophy | | 1st Island Woman. |
| Wheelchairs | The course is not suitable for wheelchairs. | | |
| Medals | A Medal will be awarded to all finishers. | | |
| Travelling | WightLink are offering reduced ferry fares. Portsmouth to Ryde Wightlink Catamaran half hourly service. Ryde Rowing Club is a five minute walk to the eastern end of Ryde Esplanade, details sent with acknowledgement. | | |
| Registration | Ryde Rowing Club, Ryde Esplanade at the eastern end of Ryde Boating Lake, from 9.00am to 10.45am. | | |
| Time Limit: | Due to safety concerns with the October date (light, etc.) Ryde Harriers have unfortunately had to implement a time limit. | | |
| Changing | Ryde Rowing Club (shower facilities available), additional changing & Showers are available at the Lakeside Swimming Pool. | | |
| Presentation | Ryde Rowing Club, at approximately 4.00pm. | | |