

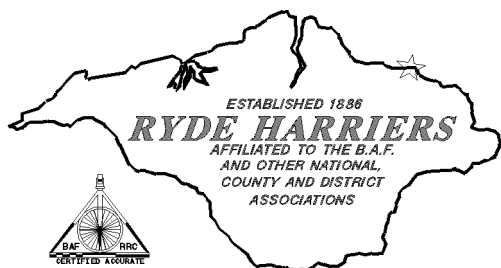
54th INTERNATIONAL ISLE OF WIGHT MARATHON RACE

Incorporating the 35th Annual Open Women's I.O.W. Marathon

ORGANISED BY RYDE HARRIERS

(UNDER UK ATHLETICS RULES - SEAA PERMIT No. 'applied for')

SUNDAY 3rd OCTOBER 2010 AT 11.00 AM



Medal to all Finishers



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 ??/???.
<http://www.mapmyrun.com/route/gb/ryde/575125198140056501>

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

RACE T-SHIRT AND FURTHER DETAILS P.T.O.

Fees £10.00 UK ATHLETICS affiliated club member, £12.00 unattached runners.
Cheques payable to RYDE HARRIERS.

Closing Date Saturday 25th Sept (postal entries). ENTRY ON THE DAY PLUS £2.

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 2010 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	Ulla Solholm Olsen (Aarhus 1900, Denmark)	3.57.58 (2009)
	Awards	Women	
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 twenty 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.		

**ISLE OF WIGHT MARATHON TEE SHIRTS
WILL BE AVAILABLE FOR SALE ON THE DAY**