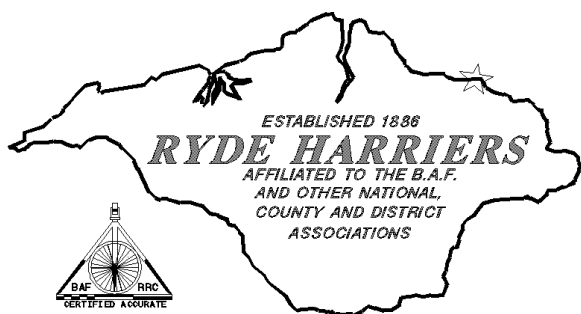


NEWPORT TO RYDE 7 MILES ROAD RACE 2010

ORGANISED BY RYDE HARRIERS

EASTER SATURDAY 3rd APRIL 2010 AT 3.00 PM



**RACE MEMENTO TO ALL
RACE FINISHERS UNDER UK
ATHLETICS RULES
SEAA PERMIT No. 2010-0004**



Start Newport Guildhall , Newport, Isle of Wight.
Finish Ryde High School (shower facilities).
Grid Reference SZ 502893 (Start), SZ 584918 (Finish)
Course The course is undulating throughout and runs via Staplers Road, Whiterails Road (to outskirts of Wootton), Briddlesford Road, Havenstreet and Dame Anthony's common (Bridleway) to finish in the grounds of Ryde High School, Pell Lane, Ryde. SEAA Certificate of Course Accuracy 02/031.
<http://www.mapmyrun.com/run/united-kingdom/-newport,-isle-of-wight/169125619356882545>

Records

SM	Dale Rixon (Cardiff A.C.)	0.36.03 (1991)	SW	Cherry Daish (Ryde harriers)	0.44.40 (1994)
M40	Grenville Tuck (Hercules Wimbledon)	0.37.20 (1991)	W35	Pauline Fallon (Burnham Joggers)	0.44.55 (1992)
M50	Les Presland (A.F.D.)	0.38.02 (1991)	W45	Sabrina Diggins (City of Portsmouth A.C.)	0.49.17 (2000)
M60	Laurie O'Hara (Belgrave harriers)	0.42.26 (1994)	W55	Penny Roberts (Paddock Wood A.C.)	1:07:56 (2003)
M70	William Forward (Isle of Wight A.C.)	0.54.09 (1997)			

Awards

Women First three individuals.
V35 1; V45 1; V55 1

Men First three individuals.
V40 1, 2, 3; V50 1,2; V60 1; V70 1.

Plus first Island male and female finishers.

Travelling Public transport is available from Ryde Bus Station to the start at Newport. Suitable crossings are, Wightlink Catamaran from Portsmouth Harbour at 12.45PM & 1.15PM, please check boat times before travelling. Times can be confirmed by phoning Wightlink on 0990 827744. Transport will return to Ryde with runners kit to the finish at Ryde High School immediately race commences. Please remember that this is the busy Easter Weekend and allow plenty of time for travel.

Registration Methodist Church Hall, Quay Street, Newport (behind the Guildhall).
NUMBERS ARE NOT SENT OUT IN ADVANCE. Issued on race day from 1.00pm to 2.45pm, at Registration.

Fees	£6 UK ATHLETICS affiliated club member, £8 unattached runners. Cheques payable to RYDE HARRIERS.
Closing Date	Saturday 27th March (postal entries). ENTER ON THE DAY PLUS £2.
Reply To	Race Secretary (NR), Ryde Harriers, PO Box 152, Ryde, Isle of Wight, PO33 1BH. Please include an S.A.E. if you require acknowledgement or provide an e-mail address.
Enquiries	Phone Steve Lee on 01983 616497 e-mail races@rydeharriers.co.uk website www.rydeharriers.co.uk

Detach here

PLEASE ENTER ME FOR THE NEWPORT TO RYDE ROAD RACE 2010		RYDE HARRIERS
Surname: _____	Date of Birth: _____	
First Name: _____	Sex (M/F) _____	
Address: _____ _____	Age on Race Day _____ (Minimum 16yrs.)	
	Phone No: _____	
e-mail _____	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: _____