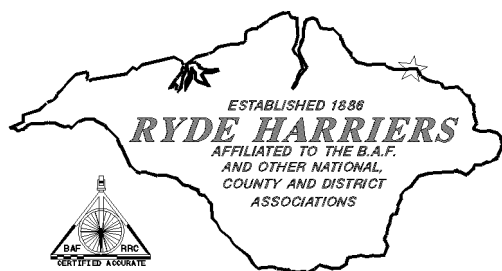


THE RYDE 10 MILE ROAD RACE 2009

HAMPSHIRE ROAD RACE LEAGUE EVENT

ORGANISED BY RYDE HARRIERS

SUNDAY 1st FEBRUARY 2009 AT 11.00 AM



MEDALS AWARDED TO ALL
FINISHERS



UNDER UK ATHLETICS RULES
SEAA PERMIT No. 11280

Venue Ryde Rowing Club, Ryde, Isle of Wight
Grid Reference SZ 604925
Course One lap, undulating, scenic. SEAA Course Accuracy Certificate 06/001.
Awards Women 1, 2, 3; V35 1, 2; V45 1, 2; V55 1; 1st 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 including Challenge Trophy to winning team.
Registration Ryde Rowing Club, Ryde Esplanade at the eastern end of Ryde Boating Lake. Late entries from 9.30am to 10.45am. Numbers will be sent out before Race Day.
Travelling Portsmouth to Ryde Wightlink Catamaran half hourly service. Ryde Rowing Club is a ten minute walk to the eastern end of Ryde Esplanade. For further information see www.rydeharriers.co.uk.

Fees £7 UK ATHLETICS affiliated club member, £9 unattached runners.
Cheques payable to RYDE HARRIERS.

Closing Date Saturday 24th January (postal entries). ENTRY ON THE DAY PLUS £2.

Reply To Race Secretary (Ryde10), Ryde Harriers, PO Box 152,
Ryde, Isle of Wight, PO33 1BH.
Please include 9" x 6" S.A.E. for Numbers & course details.

Enquiries Telephone Chris Lewis on 01983 857339 (Evenings).
e-mail races@rydeharriers.co.uk
website www.rydeharriers.co.uk

Detach here

PLEASE ENTER ME FOR THE RYDE 10 MILE ROAD RACE 2009 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 (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: Parent/Guardian if under 18 Date: _____