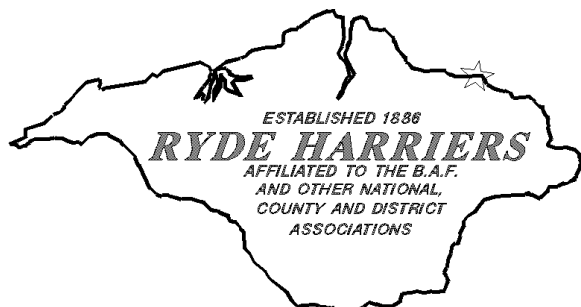


# THE WEST WIGHT THREE HILLS RACE 2010

## 8 Miles Multi Terrain

ORGANISED BY RYDE HARRIERS

EASTER MONDAY 5th APRIL 2010 AT 12.00 NOON



RACE MEMENTO TO ALL  
RACE FINISHERS  
UNDER UK ATHLETICS RULES  
SEAA PERMIT No. 2010-0005



Venue West Wight Swimming Pool, Queens Road, Freshwater, Isle of Wight.  
Grid Reference SZ 338869  
Course Approximately eight miles over mixed, undulating/hilly road and country, scenic.  
<http://www.mapmyrun.com/run/united-kingdom/freshwater,-isle-of-wight/783125619338911289>

Records

SM	Richard Large (Southampton City A.C.)	0.43.32 (1988)	SW	L Kirk (Wessex R.R.)	0.53.52 (1990)
M40	D Hope (Worcester A.C.)	0.47.40 (1989)	W35	Pauline Shore (Burnham Joggers)	0.54.46 (1992)
M50	Allan Cass (Ryde Harriers)	0.50.13 (1997)	W45	Judy Brown (St. Albans Striders)	0.56.06 (2002)
M60	David Pavitt (Unattached)	0.56.02 (1999)	W55	Rosemary Osborne (New Forest Runners)	1.05.26 (2003).
M70	William Davies (Winchester & District)	1.07.25 (2002)			

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; V70 1.  
Teams of three 1, 2, 3, including Challenge Trophy to winning team.

Numbers NOT SENT OUT IN ADVANCE. Issued at registration on race day.  
Travelling Regret that no special transport is provided from boats. Venue is within three miles of Yarmouth (Lymington/Yarmouth Car Ferry), map sent with acknowledgement, public transport available.

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 (WWTH), 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](mailto:races@rydeharriers.co.uk)  
web-site [www.rydeharriers.co.uk](http://www.rydeharriers.co.uk)

Detach here

PLEASE ENTER ME FOR THE WEST WIGHT THREE HILLS RACE 2010 RYDE HARRIERS

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

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

Address: \_\_\_\_\_ Age on Race Day \_\_\_\_\_

(Minimum 16yrs.)

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: \_\_\_\_\_