

THE RYDE 10 MILE ROAD RACE 2018

HAMPSHIRE ROAD RACE LEAGUE EVENT

SUNDAY 04th FEBRUARY 2018 AT 11.00 AM



RYDE HARRIERS

RUNNING SINCE 1886



WIGHTlink
Isle of Wight Ferries

UNDER UK ATHLETICS RULES – UKA Licence No: 2018-28302

MEDAL AWARDED TO ALL FINISHERS

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

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|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Venue | Ryde Rowing Club, Ryde, Isle of Wight, Grid Reference SZ 604925 |
| Course | One lap, undulating, scenic. UK Athletics Course Accuracy Certificate 14/437. The route Map My Run link is http://www.mapmyrun.com/routes/view/592826026 |
| Awards | Women Overall and 5 year vet categories; Teams of 3. Men Overall and 5 year vet categories; Teams of 3. |
| Registration | Ryde Rowing Club, Ryde Esplanade at the eastern end of Ryde Boating Lake. Late entries from 9.30am to 10.45am. Numbers and timing chips will be issued at Registration on Race Day. |
| Travelling | PLEASE NOTE: Portsmouth to Ryde Wightlink Catamaran HOURLY service. Ryde Rowing Club is a 20 MINUTE WALK to the eastern end of Ryde Esplanade. For further information see www.rydeharriers.co.uk . |

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| Fees | £12 UK ATHLETICS affiliated club member, £15 unattached runners. Cheques payable to RYDE HARRIERS. | |
| Closing Date | 28 th January. ENTRY ON THE DAY PLUS £3. Race Limit 500. | |
| Reply To | Ryde Harriers, c/o Dave Furmidge, 2A Grenville Drive, Ryde, Isle of Wight, PO33 3JN. Please provide an e-mail address if you require acknowledgement of entry. | |
| 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 2018

Surname: _____

Date of Birth: _____

First Name: _____

Sex (M/F) _____

Address: _____

Age on Race Day _____
(Minimum 17 years)

Post Code: _____

UKA Registration No: _____

Phone No: _____

Note: Without a valid UKA Number your entry is considered UNATTACHED.

e-mail: _____

CLUB (UK ATHLETICS AFFILIATED) or state UNATTACHED

You must be a member of a club affiliated to UKA and also be Individually Affiliated to count for your club in the Open Team Competition.

I declare that I will abide by the rules of UK Athletics and its agents. I confirm that I will not compete unless I am fit to do so. I take part in this event at my own risk and will not hold the organisers responsible for any injury, loss, damage, action, claim, costs or expenses that might arise as a result of my participation. I understand that entry fees will not be refunded if the event is cancelled on safety grounds or due to events beyond the organisers' control. I am aware that headphones or ear-pieces of ANY kind may NOT be worn for this event and WILL result in my disqualification.

Signed: Parent or Guardian if aged under 18 yrs.

Date: