

THE RYDE 10 MILE ROAD RACE 2019

HAMPSHIRE ROAD RACE LEAGUE EVENT

SUNDAY 03rd FEBRUARY 2019 AT 11.00 AM



RYDE HARRIERS
RUNNING SINCE 1886



WIGHTLINK
PART OF ISLAND LIFE

UNDER UK ATHLETICS RULES – UKA Licence No: 2019-34973

MEDAL AWARDED TO ALL FINISHERS

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

Venue	Ryde Rowing Club, Ryde, Isle of Wight, Grid Reference SZ 604925
Course	One lap, undulating, scenic. UK Athletics Course Accuracy Certificate 18/027. 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 .

Fees	£14 UK ATHLETICS affiliated club member, £17 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 2019

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: _____

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.

CLUB (UK ATHLETICS AFFILIATED) or state UNATTACHED

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.

"I also agree that Ryde Harriers may publish my Personal Information as part of the race pre-entry list and results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, gender and age category."

Signed: Parent or Guardian if aged under 18 yrs.

Date: