

THE WEST WIGHT THREE HILLS RACE 2019
8 Miles Multi Terrain
EASTER MONDAY 22nd APRIL 2019 AT 12.00 NOON



RYDE HARRIERS
 RUNNING SINCE 1886



UNDER UK ATHLETICS RULES – UKA Licence No: 2019-35432
RACE MEMENTO AWARDED TO ALL FINISHERS
PLEASE NOTE - FOR SAFETY REASONS THE USE OF HEADPHONES IS NOT PERMITTED
CHIP TIMING

Venue West Wight Sports Centre, 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/routes/view/975529215>

Awards Women Overall, 10 year vet categories. Teams of 3.
 Men Overall, 10 year vet categories. Teams of 3.

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), public transport available.

Fees £12 UK ATHLETICS affiliated club member, £15 unattached runners.
 Cheques payable to RYDE HARRIERS.

Closing Date 15th April 2019. ENTER ON THE DAY PLUS £3.

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 Phone Steve Lee on 01983 616497
 e-mail races@rydeharriers.co.uk
 web-site www.rydeharriers.co.uk

Detach here

PLEASE ENTER ME FOR THE WEST WIGHT 3 HILLS MT RACE 2019

Surname: _____
First Name: _____
Address: _____

Post Code: _____
Phone No: _____
e-mail: _____

Date of Birth: _____
Sex (M/F) _____
Age on Race Day _____
 (Minimum 16 years)
UKA Registration No: _____

CLUB (UK ATHLETICS AFFILIATED) or state UNATTACHED

Note: Without a UKA Number your entry is considered 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.

"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:** _____