

Thirsk & Sowerby Harriers present  
**THE THIRSK 10 MILE**

**Incorporating North of England 10 Mile Road Race Championships  
plus Mini Marathon (2 mile fun run)**

Held under U.K.Athletics rules. Permit applied for.

**From Thirsk Racecourse**

**NOVEMBER 30th 2008**

**Start Times: Mini Marathon - 10.00 a.m. Thirsk 10 Mile- 11.00 a.m.**

**T Shirt to all finishers of 10 mile race  
Unique mug to all finishers in Mini Marathon**

**10 Mile Prizes**

First 10 Males First 10 Females  
Team prizes 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> - dependent on entries (4 to count)  
First three male vets over 40; 45; 50; 55; 60; 65; 70 dependent on entries.  
First three female vets over 35; 40; 45; 50; 55,60 and 65 dependent on entries

**10 Mile Championship Medals**

First 3 Males First 3 Females  
First 3 Male and Female Teams (3 to count)  
(Entrants on the day do not qualify for championship medals)  
Entrants for the North of England Championships must meet UKA Athletics rules for Championship Qualification

**ALL ENTRANTS IN 10 MILE RACE MUST BE 17 YEARS OR OLDER ON 30<sup>th</sup> NOVEMBER 2008**  
**Entry Fee: 10Mile: Attached £10.00 Unattached £12.00 Mini Marathon £4.00**

**Please enclose 9x6 Stamped Addressed envelope. Please ensure sufficient postage for size of envelope**  
**Entries on the day do not qualify for prizes.** Cheques payable to **Thirsk & Sowerby Harriers.**

Entries to: Thirsk & Sowerby Harriers c/o Yew Tree Cottage, Wass, N.Yorks, YO61 4BE Tel 01347 868374

**CLOSING DATE 7<sup>TH</sup> NOVEMBER 2008 For safety reasons – NO DOGS**

[www.thirskandsowerbyharriers.co.uk](http://www.thirskandsowerbyharriers.co.uk)

**THIRSK 10/MINI MARATHON**

Surname ..... First Name .....

Address: .....

..... Post Code: .....

Phone No: ..... E-mail Address: .....

Date of Birth: ..... Age on Race Day: ..... Male/Female (delete)

Club: ..... No EAA No: .....

**Fee Enclosed: - 10 mile attached £10.00 Unattached £12.00 Mini marathon  
£4.00**

Photo copies accepted – One entry only per form

Signature\* .....

(Mini Marathon: Parent or Guardian if entrant under 17 on 30<sup>th</sup> November 2008)