Ravenscar Coastal Half Marathon Entry Form

Sunday 16th May 2010 at Ravenscar at 9.30am
Organsied by Scarborough and Ryedale Mountain Rescue Team (SRMRT).
Registered Charity No 256085

The event is organised by SRMRT as a means of raising much need funds. Profits from the event go directly into funding team running and equipment costs. Any one running may raise money for a charity of there choice, should you wish to raise funds for SRMRT a sponsorship form is available

HALF MARATHON

- Sunday 16th May 2010 at Ravenscar Village Hall at 9.30am.
- Half marathon requires dedicated training before the event.
- Runners must be aged 17 or over on race day.
- Safety: No dogs or bicycles allowed on the course.
- Time allowed 3 hours.
- Trophy for Winning Lady and Man.

ROUTE

- Start and finish outside Ravenscar Village Hall, Church road, Ravenscar, North Yorkshire
- Half -Marathon along Coastal section of Cleveland way threading along the coastal path south past Hayburn Wyke, to Cloughton Wyke and then joining the disused railway to returning to Ravenscar, the route uses 95% footpaths and trials.
- 2 drink/ 1st aid points during race approx 4 and 8 mile
- Drink and flapjack at finish
- Course not suitable for wheelchairs.

Parking
Approx 100 Free Parking in Fields adjacent to Village Hall.

GENERAL INFORMATION

- Complete entry form, detach and send to : Ravenscar Coastal Half Marathon,
- David swales, Entry Secretary, 9 Green Sward, York YO31 1JE
- Cheques should be made payable to: SRMRT.
- Entry fee not refundable.
- One entry per form. Photocopies acceptable
- Runner details and numbers will be posted in by 9tht May, entrants after this date to collect on day.
- Runners are required to register on the day.
- Late entries. Entries postmarked after 1st May 2010 must be collected from Ravenscar Village Hall before 8.30 on race day.
- Entries on the day up to 8.30am only.
- Entry form and enquiries: David swales, Entry Secretary, 9 Green Sward, York YO31 1JE
- Tel: 01904 421376 for further details.
- Entries cannot be taken over the telephone.
- For acknowledgement of entry, additional race information and/ or sponsorship form please send s.a.e.
- Acknowledgements and race information will be sent out from April 2010.
- Encashment of cheque is guarantee of entrances

ENTRY CLOSING DATE: On day at 08-30 (max entry of 300 participants)

Data protection information contained on the entry form will be stored on a computer for use only by SRMRT. It will not be made available to outside organisations.

Cut off and retain this side.

^ C U T ^

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Sunday 16th May 2010 at Ravenscar Village Hall at 9.30am

Official use

- Closing date 9th May 2010 for postal applications (subject to max entrees of 300 participats)
- Please make cheques and postal orders payable to **SRMRT**
- Return to **David Swales, Entry Secretary, 9 Green Sward, York YO31 1JE**
- Entry queries:- 01904 421376 (not after 9.00pm please)
-

Surname _____ **Forename** _____

M/F _____ **Age (on race day)** _____ **Tel (inc code))** _____

Address _____

_____ **Post Code** _____

Email _____ **Est time** _____ **hrs** _____**min**

Medical History (for use only by first-aid personnel) _____

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HALF MARATHON PAYMENTS
In advance (before 9th May) **£10** ☐ **or on day up until 08-30** **£10** ☐

Please send me a sponsorship Form ☐

Don't Forget to enclose a SAE for return of event number and Additional race information and receipt (entries post marked before 9th[t] May 2010)

ALL ENTRANTS MUST SIGN THE FOLLOWING:

I agree to abide by the regulations of the event and accept the organisers decision as final. I will participate only if I am fit to run the distance selected. I will not hold responsible SRMRT, or any person or body involved in the organisation of the event, for any injury or illness resulting from the event. In entering this race I agree that my details may be used by the organisers to contact me and may be shared with organisations directly associated with the race.