

THE EIGHTH RYEDALE 10 MILE RUN

IN AID OF MALTON HOSPITAL.

ON SUNDAY 6th OF SEPTEMBER 2009 AT 10:30 AM

This is an ideal warm up race for the Great North Run. A virtually flat course starting at the Wentworth Arms in Old Malton and taking in the beautiful villages of Ryton, Great Habton, Amotherby and finishing with a challenging finish at Ryedale House in Malton.

OVER £500 OF TROPHIES & PRIZES PLUS A GOODY BAG FOR ALL FINISHERS.

Prizes for first and second male and female, first and second male and female over 40, first and second male and female over 50, first male and female local runner. Plus a £20 bonus prize if course record is broken.

Entries on the day not eligible for prizes.

Course records: Darren Bilton 55.04mins Becky Penty 68.40mins

All prizes sponsored by local businesses.

**Entries to Sylvia Milson, c/o Parnabys 64 Wheelgate Malton YO17 7HP
Cheques payable to The Ryedale Run. Please send a SAE.**

Ample car parking at the finish (Ryedale House.) This is a 5 minute walk to the start at the Wentworth Arms in Old Malton. RACE LIMIT 350. Registration from 9:45 at Ryedale House. Showers, changing and refreshments available from 9:45 at Malton Cricket club, opposite the finish (Ryedale House.)

Presentation at Malton Cricket club approximately 1pm. North of England A.A permit. The course is approximately 10¾ miles with timekeepers in position at 5 & 10 miles.

Entry form

I wish to enter the 10 mile run. I declare I am medically fit to run, I also agree the organizers will not be held responsible for any injury or damage to myself or property as a result of the event. Under U.K.A rules. Minimum age is 16 years on the 6/9/09. Photo copies accepted.

Title	Surname	First Name
		Date of Birth
Address		Age on race day
		Entry fee:
		Attached £7.00
		Unattached £9.00
		Entry on day £1.00 extra
		Total
Post code		
Telephone		Date
		Club
		Club registration

Signed