

Ravenscar Coastal Half Marathon Entry Form
Sunday 11th May 2014 at Ravenscar at 9.30am
Organised by Scarborough and Ryedale Mountain Rescue Team (SRMRT).
Registered Charity No 256085
Entrance fee £10 or £15 on the day

Ravenscar Coastal Half Marathon Entry Form
Sunday 11th May 2014 at Ravenscar Village Hall at 9.30am

Official use

The event is organised by SRMRT as a means of raising much need funds. Profits from the event go directly to the SRMRT. Anyone running may raise money for any charity of there choice, should you wish to raise funds for SRMRT a sponsorship form is

- Closing date 1st May 2014 for postal applications (subject to max entrees of 300 participants)
- 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)

HALF MARATHON

- Sunday 11th May 2014 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 routes along Coastal section of Cleveland way to Petard Point then threading across to disused railway, then heading south to Cloughton Wyke, here you rejoin the coastal path going north past Hayburn Wyke, to return to Ravenscar, the route uses 95% footpaths and trails.
- 4 drink/ 1st aid points during race
- Sugar Sweets at halfway
- Drink and flapjack at finish
- Course not suitable for wheelchairs.

Parking

- Approximately 100 Free parking places in fields adjacent to Village Hall.
- Plenty of free parking nearby.

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 21st April 2014, entrants after this date to collect on day.
- Runners are required to register on the day.
- Entries on the day up to 9.00am .
- Entry form and enquiries: David Swales, Entry Secretary, 9 Green Sward, York YO31 1JE
- Tel: 01904 421376 for further details (Not after 9pm please).
- Entries cannot be taken over the telephone.
- For acknowledgement of entry, additional race information and/ or sponsorship form please send s.a.e.
- Acknowledgements will be sent by return any additional race information will be sent out in April 2014.
- Encashment of cheque is guarantee of entrances

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) _____

HALF MARATHON PAYMENTS

In advance £ 10 or on day up until 09-00 £15

Please send me a sponsorship Form

Please enclose SAE for return of event number and Additional race information and receipt (entries post marked before 1st May 2014)

ALL ENTRANTS MUST SIGN to agree THE FOLLOWING:

I agree to abide by the regulations of the event and accept the organiser's 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.

Signed _____ Date _____

ENTRY CLOSING DATE: On day at 09-00
(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.

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