

Ravenscar Coastal Half Marathon Entry Form

Ravenscar Coastal 10k Entry Form

Sunday 10th May 2015 at Ravenscar

0930 start for Half marathon and 10-15 start for 10k

Organised by Scarborough and Ryedale Mountain Rescue Team (SRMRT).

Registered Charity No 256085,

Entrance fee £10 or £15 on the day

Online entry preferred see:- www.srmrt.org.uk/challenge-walks/

The event is organised by SRMRT as a means of raising much need funds. **All the entry fee for the event goes directly to the SRMRT charity.** Anyone running may raise money for any charity of their choice, should you wish to raise funds for SRMRT a sponsorship form is available.

10k & HALF MARATHON

- Sunday 10th May 2015 at Ravenscar Village Hall.
- 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 for 1/2marathon.
- Medal 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
- 10k route use Disused railway line to Staintondale, then tracks and fields to Petard Point before returning along the sea cliffs. drink/ 1st aid point during race

Sugar Sweets at halfway both routes

- Drink and flapjack at finish
- Course not suitable for wheelchairs
- Running sweeps at rear
- Plenty of signage and Marshalls.

GENERAL INFORMATION

- Complete entry form, detach and send to : Ravenscar Coastal 10k / 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
- Electronic Entry also available via www.srmrt.org.uk/challenge-walks/
- Runners are required to register on the day.
- Entries on the day up to 9.00am (unless full)
- 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 2015.
- Encashment of cheque is guarantee of entrances

Parking

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

**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.

Ravenscar Coastal Half Marathon (09-30 start)

Ravenscar Coastal 10k (10-15am start)

Sunday 10th May 2015 at Ravenscar Village Hall

Official use

Closing date 1st May 2015 for postal applications (Online entry available until 8th May)

- 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 _____

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

I wish to run the 10k ☐ and I wish to run the HALF MARATHON ☐

In advance ☐ £ 10 or on day ☐ £15

Please enclose SAE for return of event number and Additional race information and receipt (entries post marked before 1st May 2015).

Online entry available until 8th May or until event full

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 but will not be shared with other organisations .

Signed _____ Date _____

Cut off and retain this side.