



Bridlington Road Runners
 Present
The Eddie Knapp Challenge
10th - 13th September 2019



The challenge consists of four races over four consecutive days over four different distances. The winners will be those who have the lowest combined time.

If a runner is unable to race a particular race for whatever reason then they will be allowed to run a time trial which must be verified.

The four races are as follows:

Tuesday 10th – 5KM Beach Race on South Beach. This will be a 2.5km circuit completed twice.

Wednesday 11th – Hill Race – A 3 mile hill race – venue Carnaby (light refreshments available to purchase after the race at Ferns Farm)

Thursday 12th – 1 Mile race along Prom from Leisure Centre. Out and back course. Several races grouped dependant on current position in tour

Friday 13th – 10km Road Race – Kilham Village Hall – Same route as Christmas handicap

Overall mens and ladies winners win trophies. Medals for age group winners dependant on entries. All runners to receive a highly prized commorative race T – Shirt and are individually presented with this after the last race. The last race will be followed by a buffet and celebration of the races

There will be an entry fee of £10 for each runner to cover the cost of T Shirts and trophies. Runners who are not able to do the whole series can enter races individually, at a cost of £3 per race, but will not be eligible for the prized T Shirt. Please enter using the form below with cheques made payable to Bridlington Road Runners or payment by cash on club nights. For this first year entries will **only** be open to members of Bridlington Road Runners

Each race will start at 7pm unless we have to account for tides!! The challenge will start on Tuesday 10th September 2019 and concludes on Friday 13th September 2019

Entries close 27/08/19

 Entries to: Martin McPheat, 2 Fifth Ave, Bridlington YO15 2LJ

Name:..... M/F Age Cat:.....

T Shirt Size:.....