

Although the former Lyke Wake Club was always opposed to making the walk into a race, they did for over 40 years hold an annual race over the route, initially as part of the Osmotherley Village Sports Day and this was the only day of the year when record breaking attempts could be authenticated. For the first 34 years the race was from Ravenscar to Osmotherley, now it is held in the traditional direction, finishing at the Raven Hall Hotel in Ravenscar. Following the closure of the Lyke Wake Club the race is being organised by the same people i.e. Lyke Wake Company Limited on exactly the same basis.

The annual race, open to walkers and runners, is held on a handicap basis, based on previous times and competitor's own estimates. Starting at the Sheepwash car park (SE 466993) near Osmotherley from about 0400hrs until about 1000hrs. The presentation of trophies takes place at the Raven Hall Hotel at about 1700hrs.

All competitors must be fully aware of the route, and no competitor will be allowed to exceed twelve hours to complete the forty-two mile event. The route is outlined in the Dalesman publication "Lyke Wake Walk – the official guide" (ISBN 1 85568 1919). In recent years several competitors have had little idea of where they were going or of the severity of the route, therefore competitors will be required to retire at any check-point if marshals are concerned as to their ability to continue and finish within the time limit.

All competitors must finish by 1700hrs unless agreed otherwise with race marshals.

Apart from the start and finish there are a further seven check-points on the route. All of these, except the start, supply drinks to competitors, and one check-point almost halfway supplies food.

Transport is available to take competitor's bags, clothing etc from the start to the finish, and also to transport retired competitors, however, this may involve a wait at check-points. This vehicle may not be at the finish until late afternoon, bear this in mind with warm clothing for the finish.

Each entrant who completes the race within twelve hours will receive a completion certificate. Several perpetual trophies are awarded and each winner receives a trophy to keep. The trophies are as follows:- Lyke Wake Shield, to the fastest overall time; The Margaret & Eric Toyne Memorial Cup, to the fastest overall time for the opposite sex; The Masterman Rosebowl, to the handicap winner; The George Ward Rosebowl, to the handicap winner of the opposite sex; The Ben Hingston Memorial Plate, to the fastest veteran (over 55 years of age); The Alan Waller Trophy, to the oldest competitor to complete the race; The Bill Hardcastle Memorial Cup, to the winning team. The team event is open to teams of six, at least one of which must be of the opposite sex, the winning time is the total time for the fastest four at least one of which must be of the opposite sex. Notification of teams must be made by the closing date, giving the team name and their members names.

Brief rules are as follows:- (a)Once accepted, there is no cancellation – i.e. we keep your money! (b)Competitors must adhere to the times and instructions given on their start sheet, this will be sent to them at least ten days before race day. (c)Full rules will be shown on the start sheet. An approximate start-time will be e-mailed to you immediately on acceptance & act as confirmation of your entry.

Unless there is a viable number of applications received by early May the event may not take place. For applications **received before** 1<sup>st</sup> May the entry fee is £12, for those **received on or after** that date the entry fee is £15. Of this £1 is donated to Ravenscar Village Hall. The closing date, which is strictly adhered to, is 16<sup>th</sup> June. That actually means the 16<sup>th</sup>, not the early hours of the 17<sup>th</sup>!!

**APPLICATIONS WILL NOT BE ACCEPTED ON THE DAY OR AT ANY TIME AFTER THE CLOSING DATE.**

A commemorative embroidered t-shirt will once again be available, to be collected at the finish. Available in S, M, L, XL Costing £8 each

Please make cheques payable to:- Lyke Wake Race Committee, and enclose two **C5 (162x229)** s.a.e. with the correct stamps. **Applications received with incorrect postage stamps will be returned.**

Applications to:-Race Director, Wits End, South Kilvington, Thirsk, North Yorkshire, YO7 2NF.

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**e-APPLICATION FOR THE ANNUAL LYKE WAKE RACE (please complete in block capitals)**

Name.....Date of Birth.....Sex.....

Address.....

Post Code.....e-mail address (**legible!**).....

Telephone number for emergency use on the day.....

Brief note of any relevant health problems.....

Fastest previous Lyke Wake time, and when.....Estimated time this year.....

Commemorative t-shirt; Please enclose the additional £8, please state size required.....

**Applications received with incorrect postage stamps will be returned**

I.....will not hold the Lyke Wake Company Limited, the Lyke Wake Race Committee, Ravenscar Village Hall Committee or any sponsors or race officials responsible in any way for any injury, loss or death that may occur during this race on 7<sup>th</sup> July 2012.

Signed..... Date.....  
(guardian to sign if competitor is under 18 years of age)