

Ilkley Trail Race

Monday 26 May 2014 • start time 11.30am



ILKLEY
HARRIERS

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6.9 miles of scenic, undulating woodland trails, footpaths, moorland and road with fantastic views over Ilkley and the Wharfe Valley.

Prizes for all categories up in 5 year steps. Prize for all finishers.

£8 pre-entry by 22 May or £10 on day. Teams free. Over 18. Registration from 9.30am at: Swimming Pool and Lido, Denton Road, Ilkley LS29 0BZ.



ENTRY FORM for the Ilkley Trail Race, Monday 26 May 2014

Name Male Female Entry Fee enclosed

Address

Date of birth WU23 WSen W40 W45 W50 W55 W60 W65 W70

Age on race day MU23 MSen M40 M45 M50 M55 M60 M65 M70

Email Telephone

Signature Club

Emergency contact Emergency telephone

I understand that this race is held in accordance, and that I have familiarised myself, with both the Rules and Safety Requirements of the FRA. I confirm that I am aware of the Organiser's information and requirements in connection with this race. I confirm that I have navigational skills appropriate for this race and will carry throughout the race any equipment specified either by the FRA Safety Requirements or by the organiser. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other than the Organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the Organiser accepts no liability to me for any loss or damage of any nature to me or my property arising out of my participation in this race.

Cheques payable to: Ilkley Harriers. Entries with 9" x 6" s.a.e. by 22 May to: Ilkley Trail Race, 4 Trinity Rise, Otley, West Yorkshire LS21 1RG. Email: trailrace@ilkleyharriers.org.uk Website: www.ilkleyharriers.org.uk

All proceeds from the Ilkley Trail Race go to Matugga Revival Centre, Uganda