

Ilkley Trail Race

Monday 25th May 2015 - start time 11.30am



ILKLEY
HARRIERS

Supported by



The North's Premier Running Specialist

Leeds Road
Ilkley
West Yorks
01943 601 581

Leeds Road
Nelson
Lancs
01282 690 111

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

Prizes for all categories in 5 year steps.

Prizes for all finishers.

£8 pre-entry by 21st 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 25th May 2015

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 run in accordance, and 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 this 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 to Ilkley Trail Race, 4 Trinity Rise, Otley, West Yorkshire, LS21 1RG. **Include a s.a.e if you wish to receive information sheet by post**, otherwise you will receive these by email.

Email: trailrace@ilkleyharriers.org.uk .

Website www.ilkleyharriers.co.uk

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

<http://www.revivalcentrematugga.org.uk/>