



25th ANNIVERSARY

ILKLEY HARRIERS

1986-2011



Sue Ryder Manorlands 5 Mile Ilkley Road Race

Saturday 26th November 2011, 10.30am

A 5 mile road race over a scenic course to the north of Ilkley. Mostly road, short section of bridleway.

UKA License 2011 – 102979

Parking, changing and Race HQ at Ilkley Lido (LS29 0BZ).

Entries: £7 for UK athletics affiliated runners, £9 for unattached runners, by 18th November, using the form below and collecting your race number on the day.

Entries to: 5 Mile Race, 3 Victoria Grove, Ilkley LS29 9BN.

Cheques payable to 'Ilkley Harriers'.

Entry on the day may be available, £9/£11, subject to race entries.

Race entry lists and full details on ilkleyharriers.co.uk

The proceeds of this year's run will go to the Sue Ryder - Manorlands Hospice at Oxenhope which provides specialist care for patients with cancer and other life limiting illnesses.

They are reliant on voluntary contributions for the running costs of their 16 bed in-patient unit, Day Therapy Unit and Community Specialist Palliative Care Team.

As well as enabling people to spend their final days free of pain in the hospice, they also have specially trained nurses, carers, social workers and doctors caring for people in their own homes.

Race support from
The Complete Runner,
Leeds Road, Ilkley



Sue Ryder Manorlands 5 Mile Ilkley Road Race, Entry Form

NAME UK Athletics Regn No

CLUB

AGE

Minimum age 15 on the day

AGE CATEGORY

Please tick ONE, based on age on the day.

Male	U20	20-39	40-49	50-59	60+
Female	U20	20-34	35-44	45-54	55+

ADDRESS

VEHICLE REGISTRATION PHONE

Safety Disclaimer: I understand that this race is held in accordance with both the Rules and the Safety Requirements of UK Athletics. I confirm that I am aware of the organiser's information and requirements in connection with this race. I accept the hazards involved in road running and acknowledge that I am entering and running in 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 myself or property arising out of my participation in the race.

SIGNED

Parent or guardian for U18 runners