

Ilkley Trail Race

Monday 30th May 2016 - 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 the Wharfe Valley.

Prizes for all categories in 5 year steps.

£10 pre-entry by 26th May or £12 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 30th May 2016

Name..... Male Female Entry Fee enclosed

Address.....
.....

Date of birth..... Age on race day.....

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 acknowledgement and 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/>