

# ILKLEY HARRIERS TRAIL RACE

Sunday 30th May 2010 @ 11.30am



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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 Open male and female and then  
Men V40 upwards in 5 year gaps and Female V35 up in 5 year gaps.  
Prize for all finishers.

£6 pre-entry by May 23<sup>rd</sup> or £8 on day. Teams free. Over 18.

Registration from 9.30am at Swimming Pool & Lido, Denton Road, Ilkley LS29 0BZ.

Cheques payable to Ilkley Harriers. Entries with 9"x 6" SAE by 23<sup>rd</sup> May to:  
Ilkley Harriers Trail Race, 4 Trinity Rise, Otley, West Yorks, LS21 1RG.  
Email: [trailrace@ilkleyharriers.org.uk](mailto:trailrace@ilkleyharriers.org.uk) Website: [ilkleyharriers.org.uk](http://ilkleyharriers.org.uk)



## Entry form for Ilkley Trail Race (minimum age 18 years on date of race)

Name ..... Male  Female  (✓ appropriate box)

Address ..... Age on Race Day .....

..... Date of Birth .....

Telephone ..... Amount of Entry Fee Enclosed .....

Club ..... Signature .....

E.mail .....

I understand that this race is held in accordance with both the Rules and the Safety Requirements of the FRA. I confirm that I am aware of the organiser's information and requirements in connection with this race. I accept the hazards involved in fell 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.

**ALL PROCEEDS FROM RACE TO MATUGGA REVIVAL CENTRE, UGANDA**