



Abbey Runners

Saturday 15th September 2012 at 10am

Rombalds Romp Race

A 7 Mile (approx.) 'Fell' v 'Trail' Race on Ilkley Moor

This year there will be an opportunity to pit yourself against your fellow runners and the Moor! One race, two routes. Choose either 'fell' or 'trail', both the same distance. If you want bog, tussocks and a bit of the hard stuff then try the fell route, if not and want a good run over scenic Ilkley Moor on (mostly) more amenable paths then do the trail route. Prizes for both routes.

UKA Race Permit applied for

ENTRY FEE: £6.00 UKA Club Members and FRA, £8.00 Unattached
CLOSING DATE: 11th September (for postal entries) **350 limit**
ENTRIES ALSO ON THE DAY (up to race limit; £1 extra)
MINIMUM AGE: 17 YEARS
ENTRIES TO: Race Secretary, 10 Kingsley Road, Adel, Leeds, LS16 7NZ
AWARDS: To all Class winners and places
COMMEMORATIVE BOTTLE OF BEER TO ALL FINISHERS

For latest information, see our club web site: www.abbeyrunners.co.uk

.....CUT HERE.....

Surname: _____

Club: _____

First name: _____

Address: _____

UKA Registration No: _____

Telephone: _____

Cheques made payable to "Abbey Runners"

Age on Race Day: _____

Please Enclose an SAE (9" by 7") for race number and details. Please ensure the correct postage is used

Date of Birth: ____ / ____ / ____

Categories (Please circle as appropriate)

Male: 39 & under 40+ 50+ 60+

Female: 34 & under 35+ 45+ 55+

Entry Fee (Please circle):

£6.00 (Club runner) or £8.00 (unattached)

Declaration: I hereby declare that I am an amateur as defined by the UKA Rules. I agree to abide by UKA laws and understand that the organisers of the race will not be held liable for cancellation or for an injury, loss or illness however resulting from the race.

Please circle your choice of route:

Signature: _____
(Parent or Guardian if under 18)

'Fell'

'Trail'

Date: _____