



# ECCUP 10 MILE

Sunday 11th July 2010 at 9.30 a.m.

Other events include a fun run & a junior championship road race  
see the Abbey web site [www.abbeyrunners.co.uk](http://www.abbeyrunners.co.uk) for details

	<p>There is an award of £50 for a runner who sets a new men's or ladies course record <i>The records are held by Darran Bilton (Leeds City AC) 51:25 and Tracey Morris (Valley Striders) 56:22.</i></p>	
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A one lap, certified course with mile markers on mainly closed roads in Adel, and around Eccup Reservoir.  
**Race HQ and Presentations: Adel War Memorial Association, Church Lane, Adel, Leeds. LS16 8DE**  
Showers and changing facilities are available. Results will be available on the Abbey Runners website  
Check the website for the latest race information or e-mail queries to: [r.v.wilson@care4free.net](mailto:r.v.wilson@care4free.net).  
**Prize Categories: Open Men, M40, M45, M50, M55, M60, M65, M70. Open Female, F35, F40, F45, F50, F55, F60, F65.**

**Supporting Wheatfields Hospice - Grove Road, Headingley, Leeds, LS6 2AE**



Wheatfields is a Specialist Palliative Care Unit. They enrich the quality of life of those living with, or affected by, a serious illness through the highly specialised skills of an experienced and caring team. The care is available free of charge to all, regardless of religion, culture or social background.

Forename:		Surname:					
Address:							
Postcode:							
Tel:				email:			
Male	<input type="checkbox"/>	Female	<input type="checkbox"/>	Age on race day	<input type="text"/>	D.O.B	<input type="text"/>
<b>UKA Affiliated Club:</b>					<b>Reg. No:</b>		
I am medically fit to run and I accept that the organisers will not be held responsible for any injury, loss or damage sustained by me or to my property as a consequence of my participation in the event.							
Signed:				Date:			
Cheques payable to 'AbbeyRunners'. Entry on the day £1.00 extra. A memento to all finishers. New 5 year prize categories.				Club Runner	£10.00	<input type="text"/>	
				Unattached	£12.00	<input type="text"/>	
				Printed Results	£1.00	<input type="text"/>	
				Donation to Wheatfields Hospice		<input type="text"/>	
				Total		<input type="text"/>	
<b>Entries to: R. Wilson, Eccup 10, 20 Ashfield Park, Grove Road, LEEDS LS6 2QT</b> <b>Please enclose s.a.e. 9 x 6 ins./240x165 mm with the correct postage for size of envelope.</b>							

**CLOSING DATE for postal entries is 5th JULY 2010**

**Why not enter online at no extra cost? – [www.ukresults.net](http://www.ukresults.net)**