



# ECCUP 10 MILE



**Sunday 10th July 2011 at 9.30 a.m. Incorporating the Yorkshire Veterans 10 Mile Championship**

**Category entries must be received by the closing date – see bottom of form**

Open to veterans who are members of a club affiliated to the YVAA or are individual members affiliated to the YVAA resident within the Yorkshire area. Age category is based on age on race day.

Trophies in 5-year age categories from M35 and F35 upwards according to entries – no age limit.



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 Hollybank Trust**

**Supporting Wheatfield's Hospice**



Hollybank provides lifelong care to society's most vulnerable members - children and adults with complex physical disabilities, often coupled with severe learning and medical difficulties. Hollybank combines both a school and supported independent housing and has a national reputation for excellence.

Wheatfield's is a Specialist Palliative Care Unit, enriching the quality of life of those living with, or affected by, a serious illness through the 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:**

please tick this box to receive emails from our event partners...

**Male**

**Female**

**Age on race day**

**D.O.B**

**UKA Affiliated Club:**

**Reg. No:**

*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 'Abbey Runners'.**

**Entry on the day £1.00 extra.**

**A memento to all finishers.**

**5 year prize categories.**

<b>Club Runner</b>	<b>£10.00</b>
<b>Unattached</b>	<b>£12.00</b>
<b>Printed Results</b>	<b>£2.00</b>
<b>Donation to Wheatfields and Hollybank</b>	
<b>Total</b>	

**Entries to: R. Wilson, Eccup 10, 20 Ashfield Park, Grove Road, LEEDS LS6 2QT**  
**Please enclose s.a.e. 9 x 6 ins./240 x 165 mm with the correct postage for size of envelope. CLOSING DATE for postal entries is 4th JULY 2011**

**Running No.**

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