



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.

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.

Club Runner	£10.00
Unattached	£12.00
Printed Results	£2.00
Donation to Wheatfields and Hollybank	
Total	

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