



1 & 2 MILE 'JUNIOR ATHLETES' ROAD RACES

Sunday 12th July 2009 from 9.30am

(Run in conjunction with the Eccup 10 Mile Senior Race)

Certified 'out and back' undulating courses on closed roads in North Leeds, starting and finishing at Adel War Memorial Association, Church Lane, Adel, Leeds 16.

Age categories (based on age on race day): **1 Mile:** Boys & Girls U11 (8s, 9s & 10s) **2 Mile:** Boys & Girls U13 (11s & 12s); U15 (13s & 14s); U17 (15s & 16s). **Minimum ages (on race day) for entrants are 11 years (2 mile) and 8 years (1 mile)**

Due to time constraints imposed by the timing of the senior race, entry is restricted to runners with predicted finishing times of no longer than 20 minutes (2 mile) and 12 minutes (1 mile). An off-road 'fun run' (starting at 8.45am, and which may be entered on the day) is open to all.

Trophies and prizes in all categories. Memento to all finishers. Results will be available on the Abbey Runners website www.abbeyrunners.co.uk

Check the website for the latest race information; for specific enquiries e-mail Mark Hetherington m.s.hetherington@leeds.ac.uk

Forename:		Surname:					
Address:							
Tel.:			Email:				
Age on race day:	Date of birth:		UKA Affiliated Club:				
Category entered (tick one box only)	1 Mile		2 Mile				
	GU11	BU11	GU13	BU13	GU15	BU15	GU17

The junior athlete named above is medically fit to run and I accept that the organisers will not be responsible for any injury, loss or damage sustained by him / her, or to his / her property as a consequence of his / her participation in the event.

Signed by: On behalf of: Date:

I enclose a cheque for £3.00 made payable to 'Abbey Runners'

Entries to: M. Hetherington, 87A Broadgate Lane, Horsforth, Leeds. LS18 5DU
Enclose s.a.e 9 x 6 ins. / 240 x 165mm, with the correct postage for the size of envelope

These races are 'pre-entry only': closing date for entries is Monday 6th July 2009. NO ENTRIES ON THE DAY