



Saturday 18th September 2010 at 10am **Rombalds Romp Trail Race** A 6 – 9 Mile Trail Race on Ilkley Moor

Starting near White Wells: The route will be announced on the day (but don't worry, it will be fully flagged and marshalled). All you need to know is that it will be somewhere between 6 and 9 miles in length, covering a mixture of path, track and trail across Ilkley Moor (and that it certainly won't be 'flat')! A good introduction to off-road running.

UKA Race Permit applied for

ENTRY FEE: £6.00 UKA Club Members, £8.00 Unattached
CLOSING DATE: 11th September (for postal entries) **350 limit**
ENTRIES ALSO ON THE DAY (unless full)
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: _____

First name: _____

Address: _____

Telephone: _____

Age on Race Day: _____

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)

Club: _____

UK Athletics Registration No. _____

Cheques made payable to "Abbey Runners"

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

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.

Signature: _____
(Parent or Guardian if under 18)

Date: _____