

**Saturday 14th September 2013 at 10am**

###### Rombalds Romp Race

###### A 7 Mile (approx.) ‘Fell’ v ‘Trail’ Race on Ilkley Moor

This year there will be an opportunity to pit yourself against your fellow runners and the Moor! One race, two routes. Choose either ‘fell’ or ‘trail’, both the same distance. If you want bog, tussocks and a bit of the hard stuff then try the fell route, if not and want a good run over scenic Ilkley Moor on (mostly) more amenable paths then do the trail route. Prizes for both routes.

UKA Race Permit applied for

ENTRY FEE: £6.00 UKA Club Members and FRA, £8.00 Unattached

CLOSING DATE: 11th September (for postal entries) **350 limit**

ENTRIES ALSO ON THE DAY (up to race limit; £1 extra)

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](http://www.abbeyrunners.co.uk)

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Club:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

UKA Registration No:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cheques made payable to “Abbey Runners”

Race numbers will be given out at race registration please bring some form of identification when collecting.

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:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Surname: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

First name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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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)

Please circle your choice of route:

‘Fell’ ‘Trail’