

9th Harewood 10 mile^s Trail Race & 2 mile^s Junior Race / Adult Fun Run

Under uk: Athletics Rules uk: Athletics permit applied for

Race HQ at Harewood Village Hall ~ Parking via Harewood House Main Gates

Harewood is at the intersection of the A61 Leeds-Harrogate Road and the A659 Otley-Wetherby Road.

Promoted by
Valley Striders

Sunday 5th October 2008

All Profits to
Lineham Farm Children's Centre

2 mile at 10:00

10 mile at 10:35

Registered Charity 1033084

The 10 mile^s race is on footpaths and bridle paths including parts of the Leeds Country Way, Dales Way and Ebor Way.

The route is traffic-free, half in Harewood House grounds, half around Eccup Reservoir and passes Emmerdale Village.

The 2 mile^s race / fun run is mainly on tarmac paths, the rest on good footpaths. There is one long hill!

§ These courses have been measured by surveyor's wheel but due to the nature of the terrain cannot be given an official certificate

Facilities include : water at half-way & finish, tea and cakes at village hall

NB no dogs, no iPods

Entry fees :	10 mile: £7 (UKA club) / £9 (unattached)	2 mile : £3 (junior) / £5 (adult)
Cheques payable to :	Lineham Farm Children's Centre	
Entries to :	Bob Jackson, 4 Malthouse Close, Scarcroft, Leeds, LS14 3DS	
Postal entries :	Closing date : Saturday 28th September	
	Please enclose A5 size S.A.E. (NB larger envelopes require more postage)	
Entries on day :	Will be accepted subject to entry limits ~ Eligible for prizes ~ £2 extra (all)	
	Entry limits 750 for 10 mile, no limit for 2 mile, check website for entries to date	
Prize List includes :	<u>Trail Race</u> Senior Men (4), MV40-49 (3), MV50-59 (3), MV60+ (2) } further prizes Senior Ladies (4), LV35-44 (3), LV45-54 (3), LV55+ (2) } if sufficient entries <u>Junior Race</u> 1st Boy and Girl in each age group 5-6, 7-8, 9-10, 11-12, 13-14, 15-16.	
For <u>all</u> 10 mile finishers :	Bottle of beer "Harewood Trail Ale". Plus personalised certificate if donating or raising £10 or more.	
For <u>all</u> 2 mile finishers :	A medal and a personalised certificate.	
Spot Prizes in Trail Race :	Donated by Up & Running (Harrogate/Leeds/York/and throughout UK) www.upandrunning.co.uk	
In case of enquiry :	website http://www.valleystriders.org.uk ~ email v.s@virgin.net ~ phone 0113 289 2830	

With thanks to the Harewood Estate and Yorkshire Water for permission to use their land.

All profits from the Races will be donated to Lineham Farm which gives deserving local children a unique, rewarding and memorable holiday in the country



Supported by

UP & RUNNING



Harewood – Trail Race & Junior Race / Fun Run – 5 October 2008 – Entry Form

EVENT ENTERED 10miles trail 2miles junior race / adult fun run (tick appropriate box)

First Name _____ Surname _____

Address _____

Postcode _____ Date of Birth _____

Telephone Number _____ Age on Race Day _____

Club / School / Organisation _____ Sex (M/F) _____

UK Athletics Reg. Number _____ email address _____

Ukresults.net

DECLARATION: I declare that I am an amateur according to uk: Athletics rules. I understand that I take part entirely at my own risk and accept that the organisers shall not be liable for any injury or illness to my person as a result of taking part, nor for any damage to or loss of property.

Signature _____ (signature of adult if 16 or under) Date _____

Fee Enclosed _____ Additional (optional) donation to Lineham Farm enclosed _____

Please enclose a stamped self-addressed envelope unless you intend to collect your number on race day.

Gift Aid: Please help us to make your 'additional (optional)' donation worth even more. If you are a taxpayer we can reclaim the tax from this. Currently we reclaim 28p from every £1 given. Please tick the box if you pay UK Income or Capital Gains Tax and you wish Lineham Farm to reclaim the tax on your donation NB we can only reclaim on the additional donation, not the entry fee. If would like a Sponsorship Form (no obligation) or more information about Lineham Farm to be sent to you, tick here