

KIRKSTALL ABBEY 7



10.00am, 19th September 2010



www.kirkstallharriers.org.uk

7 mile multi-terrain race, starting and finishing at Kirkstall Abbey*

A prize to all finishers, plus spot prizes. Trophies and prizes in several categories, including the Stephen Blades memorial trophy for the first 'local' home

PRIZES COURTESY of Sheesh Mahal and Up and Running. TROPHIES COURTESY of LPSA. Registration in the Abbey Grounds. Presentation at the LPSA Club, Beecroft Street, LS5 3AS.

Closing date for postal entries: 12th September 2010
(Awaiting UKA Permit number)

Supported by the
Leeds Postal
Sports
Association

RACE LIMITED TO 300

All MONIES RAISED WILL GO TO WHEATFIELDS
In memory of Stephen Blades & Paul Reynard

Sue Ryder Care
Wheatfields



With Thanks to our Sponsors
Thanks also to the Horsforth Harriers for their assistance



Kirkstall Valley
Community
Association

*Please note this is Multi terrain event **NOT** suitable for WHEELCHAIRS, will be uneven in parts and slippery if wet.

Surname:

First Name:

Postal Address:

Postcode:

Age on Race Day: (Min age on race day is 17 years)

Contact Number:

Email:

UKA Affiliated Club:
(if applicable)

UKA Reg Number:

Affiliated entry Fee: **£8.00**
Unaffiliated entry Fee: **£10.00**
Donation to Wheatfields:
Entry on the Day **£2.00** extra:
(Subject to Race Limit)
Total Remittance:
(No Refunds Possible)

Please make cheques payable to **KIRSTALL HARRIERS**
No S.A.E required, but please make your details legible
Race Secretary: 50 Wooler Avenue, Beeston, Leeds. LS11 7JG

Would you like to pick up your Race Number on the day?

YES NO

(If ticked YES please ensure you have included your email address on this entry form so we can email you the race details)

Declaration: I hereby declare that I am an amateur as defined by the England Athletics Rules. I am medically fit to run, and understand that the organisers and Leeds City Council will be in no way be responsible for an illness or injury to my person during, as a result of the event, or any property lost in the course area or in the vicinity of the course.

Sign:

Date:

Official Use Only:

Where did you hear about this race ?.....