



BINGLEY SHOW TRAIL RACE

MYRTLE PARK, BINGLEY
SUNDAY 9th AUGUST 2009

Under FRA rules

RACE START 1:00pm

A scenic trail race of approx 3 miles/575' on public footpaths around Bingley and St Ives. Open to runners over the age of 16. Come along and enjoy a family day out at one of the North's premier agricultural shows.

Extensive prize list includes first three men and women and prizes offered for all age categories and ladies and men's teams (three members count).

ENTRY FEE: - £7.50 Includes free T-Shirt and free entry to the show (worth over £7) to all who pre-enter by the closing date of 1st August. Details, number and acknowledgement on receipt of entry and SAE. Entries on day will be accepted (same price) and will be eligible for prizes but free entry to the show cannot be provided.

**There are extensive toilet and refreshment facilities, although there are no changing rooms bags can be stored at the Bingley Harriers marquee situated next to the Main Show ring.
(On left hand side of Show ring coming down the hill from Bingley)**

Cheques & POs payable to Bingley Harriers & AC
Please enclose a 9"x 6" S.A.E. (Please ensure correct stamp value!)
Entries to: Entry Secretary, 8 High Meadows, Wilsden, Bradford, BD15 0HN.

A Junior Agility Challenge will be run during the day.

FULL NAME _____ CLUB _____ U/A

ADDRESS _____

_____ **BINGLEY SHOW**

Postcode _____ Tel Number _____

MEN	U40	MV40+(2)	MV45+(2)	MV50+(2)	MV55+(2)	MV60+(2)	MV65+(1)
LADIES	U40	LV40+(2)	LV45+(2)	LV50+(2)	LV55+(2)	LV60+(2)	LV65+(1)

Please tick appropriate age group. Number in brackets indicates prizes on offer.

Postal entry closing date 1st August 2009 S.A.E. enclosed Entry Fee £ -----

EMERGENCY CONTACT _____ PHONE NUMBER _____

I understand that this race is held in accordance with both the rules and safety requirements of the FRA. I confirm that I am aware of the organiser's information and requirements in connection with this race. I accept the hazards involved in Fell running and acknowledge that I am entering and running this race at my own risk. Other than the organiser's liability for causing death or personal injury by negligence. I confirm that I understand that the organizer accepts no liability to me for any loss or damage of any nature to myself or my property arising out of my participation in this race.

Signature -----Competitor/Parent or Guardian (for U18) Date -----