



BINGLEY SHOW TRAIL RACE

MYRTLE PARK, BINGLEY
SATURDAY 23rd JULY 2011

Under FRA rules

RACE START 11.20am (Time to be confirmed).

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 also category prizes

ENTRY FEE: - £7.50 Includes free entry to the show (worth over £7) to all who pre-enter by the closing date of 16th July. 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.
(Adjacent to main 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, Glen Esk House, Street Lane, West Morton, West Yorkshire, BD20 5UP.

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)

Plasetick appropriate age group. Number in brackets indicates prizes on offer.

Postal entry closing date 16th July 2011

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 -----