



Bingley Harriers & A.C. present.....

HARRIERS



CYCLISTS



21st November, 2009
Start 2.00pm

FISHERMAN INN

Dowley Gap, Bingley, West Yorkshire.

Entry fee £5.00 on the day only
(cyclists add BCF levy)
Partially marked course. Over 16.

This event is a competition between runners and cyclists with the first 10 in each category to score. The winning team holds the Fisherman Trophy for one year.

ROUTE

From the Fisherman's Inn through Milner Fields Farm to Shipley Glen. Alongside the Glen Road and then to the summit of Hope Hill, loop and return by the outward route (marked course).

6 miles / 650'.

RECORDS

Male: Robert Jebb 33:12, 2008

Female: Sarah Rowell 40:07; 1999

(New records for 1999 due to course alteration)