



Idle AC present the 7th

IDLE TRAIL RACE

Under UKA rules – licence no. 2011-102181

SUNDAY 7th AUGUST 2011 10.30am

From The Grove Sports Centre,
Woodhouse Grove School, Apperley Bridge, Bradford, BD10 0NR

- 10k approx scenic route - towpath, bridleway, path and private road
- Senior, vet, team and spot prize list
- Memento to all finishers
- Car Parking, refreshments, Showers & changing

ENTRY FEES : £8 UKA CLUB MEMBERS. £10 unattached.

ENTRIES ON DAY- £1 extra on the day. You are encouraged to get entries in early – 400 race limit

Please send completed entry form with cheque (payable to IDLE AC) SAE (A5 only Please) to:
Idle Trail Race, 16 Leyton Drive, Idle, Bradford, West Yorks BD10 8RQ. Tel: 01274 615003
Email: trailrace@idleac.co.uk Website: www.idleac.co.uk

**ON LINE ENTRIES AVAILABLE AT www.runnersworld.co.uk
& at www.ukresults.net**



Please use **BLOCK CAPITALS**

NAME Male/Female

ADDRESS

POST CODE

DATE OF BIRTH AGE ON RACE DAY UKA CLUB

Email Signed UKA No.

(to be signed by parent or guardian if entrant under 18)

Amount enclosed:

I hereby declare that I am an amateur according to UKA rules and I am over 17 years of age. I am medically fit to run and understand that I enter at my own risk and that the organisers will in no way be responsible for any injury incurred by me as a result of the race or any loss or damage to property.



OPTICIANS

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an Essilor Lens



7 Albion Road, Idle
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Official use
only

Please tick box if you do NOT wish to receive the regular UP & RUNNING e-newsletter