



15th Guiseley Gallop

(Multi-Terrain Approx Distance 10K)

Skyrac Athletic Club

www.Skyrac.org.uk

Supported by COMPLETE RUNNER & Active Print Solutions Ltd

Easter Sunday 4th April 2010 – 10.30am

From West Side Retail Park, Guiseley, Leeds, LS20 9NE

Tracks, Paths, Leeds-Liv Canal Towpath, Road. Past Emmerdale's Woolpack in Esholt
Course Records- Men: Martin Scaiff 2003 34:05. Women: Gill Keddie 2003 38:52

Extensive Prize List in Veteran 5 year categories – UKA Permit 0809006 – Age 17+ on day

For all finishers a bottle of Briscoe's Brewery Guiseley Gallop Beer

Guiseley Gallop Entry Fee £7.00 (Unattached £9.00)

Plus £1 for Results £2 Extra on the Day

Results by www.ukresults.net

**Cheques payable to Skyrac AC. Entries with 9"x 6" SAE by 29th March to
Guiseley Gallop 7 Silverdale Close Guiseley Leeds LS20 8BQ Tel 01943 879537**

This race forms part of the Airedale Triple Challenge – the others being

The Baildon Boundary Race - Sunday 28 March www.baildonrunners.tk baildonrunners@yahoo.co.uk

The Meanwood Valley Trail Race - provisionally Sat 16 May - www.valleystriders.org.uk Bob Jackson 0113 2892830

Certificates for runners who complete all 3 races & trophies for 1st MU40, M40-49, M50+, WU35, W35-44, W45+

Male Female

Name _____

Address _____

Telephone _____

Club _____

Signature _____

Age on day of Race _____

E Mail Address _____ **Date of Birth** _____

I declare that I am an amateur according to UK Athletics laws. I understand that I take part entirely at my own risk and accept the organisers shall not be liable for any injury or illness to my person or loss of property.

Results by www.ukresults.net

Why run on your own?

Whether you run for fitness or competition join Skyrac runners at 7:30 Tuesdays from the new Nunroyd clubhouse. Benefit from running with runners with 30 years of experience. Followed by quiz, food and drinks in the bar.

Chevin Fell Race 7:30 Wed 2 June 2010

Details www.skyrac.org.uk