



19th Guiseley Gallop

(Multi-Terrain Approx Distance 10K) www.skyrac.co.uk

Supported by **COMPLETE RUNNER** www.completerunner.co.uk
& **Active Print Solutions** 0113 203 6030 info@activeprintsolutions.com

Easter Sunday 20th April 2014 – 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 10601 – Age 17+ on day

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

Entry Fee £8.50 (Unattached £10.50) £2 Extra on the Day

On-Line Entries & Results by www.ukresults.net

**Cheques payable to Skyrac AC. Entries with 9"x 6" SAE by 14th April to
Guiseley Gallop 107 Park Road Guiseley Leeds LS20 8EN Tel 07779 748301**

This race forms part of the Airedale Triple Challenge – the others being
The Baildon Boundary Race - Sunday 6th April www.baildonrunners.tk
The Meanwood Valley Trail Race - www.valleystriders.org.uk
Certificates for runners who complete all 3 races & trophies for 1st MU40, M40-49, M50+, WU35, W35-44, W45+
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Male ☐ Female ☐

Name _____

Address _____

Telephone _____

Age on day of Race _____

Club _____

UKA Reg No. _____

Signature _____

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.

Why run on your own?

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

