

Ilkley Harriers Race Programme 2010

Every Saturday	9.00	5k Time Trial	Hyde Park	Paths	5k	Register first-www.parkrun.com		
	Sept	Time	Event	Venue	Terrain	Distance	Contact	E/D
	Wed 1st	19.30	Hyde Park 5k (3 of 3)	The Gryphon Gym	Road	5k	ukresults.net	Yes
Relay	Sun 5th	8.00	Lds Country Way	Garforth Sports Centre	Mixed	64m (6 legs)	Vic (club coordinator)	No
	Sun 5th	10.30	Alice's Run	Calder School, Mytholmroyd	Mixed	10k	ukresults.net	Yes
	Sun 5th	11.00	Tholthorpe 10k	Tholthorpe, nr York	Road	10k	ukresults.net	Yes
L EC	Sun 5th	11.00	Shelf Moor	Scout Hut, Old Glossop	Fell/AS	5.9m/1500'	glossopdale.org.uk	Yes
JR	Sun 5th	15.00	Bradley Fell Race	Playing Fields, Bradley	Fell/BS	3.5m/750'	bofra.co.uk	Yes
JR	Wed 8th	19.00	Ilkley Incline	Wells Rd./Keighley Gate Rd.	Rd./track	1m/560'	ilkleyharriers.org.uk	Yes
YV	Sun 12th		Vets Road Relays	Ilkley Lido	Road	3 x 2.5m	ilkleyharriers.org.uk	Yes
▲	Sun 12th	10.00	Yorkshireman mar/½m	Hawarth Primary School	Fell/CL	26.2m & ½m	kcac.co.uk	No
▲	Sun 12th	10.00	Sandal 10k	Pugneys Country Park	Mixed	10k	ukresults.net	Yes
	Sun 12th	10.30	Norland Moor Trail	Copley Village	Trail	6.35m/800'	ukresults.net	Yes
▲FR	Sun 12th	14.00	Wetherby 10k	Wetherby Racecourse	Road	10k	Wetherby Runners	No
L	Sat 18th	11.00	Three Shires	3 Shires Inn, Little Langdale	Fell/AL	13m/4000'	amblesideac.org.uk	Yes
▲	Sun 19th	10.00	Kirkstall 7	Kirkstall Abbey	Mixed	7m	Kirkstall Harriers	Yes
BC	Sat 25th	12.00	Black Mountains	Llanbedr, GR SO239203	Fell/AL	17m/5200'	mynydd-du.org.uk	No
▲	Sun 26th	10.00	Horsforth 10k	Woodhouse Grove School	n/k	10k	Horsforth Harriers	Yes
October								
	Sun 3rd	10.00	Ian Hodgson	Brothersater	Relay	25m/8500'	Club Coordinator	No
L JR	Sun 3rd	10.35	Harewood 10	Harewood House	Trail	10m	ukresults.net	Yes
L	Sat 9th	9.00	Hyde Park 5k	Woodhouse Moor	Tarmac	5k	www.parkrun.com	Yes
JR	Sun 10th	Various	Complete Runner XC	Nunroyd Park	XC	Various	Club Coordinator	No
	Sun 10th	15.00	Beefys Nab	Lamb Inn, Oxenhope	Fell/BS	3m/650'	kcac.co.uk	Yes
	Sun 17th	12.00	Bridlington ½m	Sea front	Road	½m	ukresults.net	Yes
	Sat 23rd	tbc	Yorks vets relays	Ilkley Lido	Road	2.5m legs	see Pete Shields	Yes
	Sun 24th	11.00	Wistow 10	Wistow, Nr Selby	Road	10m	SelbyStriders	No
JR	Sun 24th	11.30	Withins Skyline	Penistone Hill Country Park	Fell/BM	7m/1000'	woodentops.org.uk	Yes
JR	Sat 30th	Various	Complete Runner XC	Huddersfield	XC	Various	Club Coordinator	No
	Sun 31st	11.00	Bronte Way	Wycoller Country Park	Fell/BM	8m/1150'	kcac.co.uk	Yes
▲	Sun 31st	9.30	Holmfirth 15	Holmfirth High School	Road	15m	Holmfirth Harriers	Yes
▲	Sun 31st	10.30	Guy Fawkes 10	Ripley Castle	Trail/Rd	10m	Nidd Valley	No
November								
JR	Sat 6th	13.00	Shepherds Skyline	Shepherds Rest inn, Lumbutts	Fell/ BM	6m/1150'	toharriers.co.uk	Yes
	Sun 7th	10.00	Bens 5 mile race	Football field, Denton Rd	Rd	5m	Neil Chapman	Yes
	Sat 13th	10.30	Tour of Pendle	Barley Village Hall	Fell/AL	16.8m/4830'	clayton-le-moor harriers.co.uk	Yes
	Sat 13th	12.00	Dunnerdale	Blacksmiths Arms, Broughton	Fell/AS	5m/1800'	Andrew Gittins	Yes
	Sun 14th	11.00	Dalby Dash	Dalby Visitors Centre	Rd/Trail	10k	ukresults.net	No
JR	Sat 20th	Various	Complete Runner XC	Pudsey	XC	Various	Club Coordinator	No
	Sat 20th	14.00	Harriers v Cyclists	Fisherman Inn, Bingley	Fell/CM	6m/650'	bingleyharriers.co.uk	Yes
	Sun 21st	10.00	Preston 10	Hutton Grammar School	Road	10m	ukresults.net	No
	Sun 21st	10.00	Abbey Dash	Leeds Headrow	Road	10k	age uk	No
	Sun 21st	11.15	Rivock Edge	Bridge Pub, Silsden	Fell/BM	6.3m/835'	Derek Wild 01535 654644	Yes
L	Sun 28th	11.00	Thirsk 10	Race Course, Thirsk	Tarmac	10m	Thirsk & Sowerby Harriers	Y
December								
JR	4/5 TBA	Various	Complete Runner XC	Thornes Park, Wakefield	XC	Various	Club Coordinator	No
	Sun 12th	8.00	Calderdale Relay	Venue tbc	Mixed	50m/12000'	halifaxharriers.co.uk	No
FR	Sun 19th	11.30	Stoop	Pennistone Hill Country Park	Fell/B	5m/800'	woodentops.org.uk	Yes
L	Sun 26th	tbc	Chevin Chase	Aireborough Leisure Centre	Mixed	7m	Airecentrepacers	No
	Mon 27th	11.00	Ribble Valley 10k	Roefield Leisure Centre	Road	10k	Blackburn Harriers	Yes
	Fri 31st	11.30	Auld Lang Syne	Pennistone Hill Country Park	Fell/BM	6m/900'	woodentops.org.uk	No

➡ -Enter Early L - Harriers League M - Mob Match EC/BC - Fell Champs. YV - Yorks Vets Champs. ▲ - Enter Online

JR - Junior Races (times may differ) BO - BOFRA Championship Races FR - Fun Run (times may differ) E/D - Entries accepted on the day