

# Ilkley Harriers Race Programme 2010

Every Saturday		9.00	5k Time Trial	Hyde Park	Paths	5k	Register first-www.parkrun.com	
	July	Time	Event	Venue	Terrain	Distance	Contact	E/D
▲ FR	Tues 6th	19.30	Jane Tomlinson Run	Methley, canal run	Towpath	5k	ukresults.net	Yes
	Wed 7th	19.15	Danefield Relay	East Chevin Road, Otley	Fell	3m/450'	fellandale.com	Yes
	Wed 7th	19.30	Stirton Fell	Stirton, Skipton	Fell/BS	5.5m/1250'	kcac.co.uk	Yes
	Wed 7th	19.30	Hyde Park 5k (1 of 3)	The Gryphon Gym	Road	5k	ukresults.net	Yes
FR	Sat 10th	14.15	Baildon Carnival	Baildon Rugby Club	Trail	3.5m	ukresults.net	Yes
	Sat 10th	15.10	Addingham Gala Fell	Gala Field, Addingham	Fell	5.8m/1000'	bofra.co.uk	Yes
▲ JR	Sun 11th	9.30	Eccup 10m	Adel War Memorial Ass'n	Rd/trail	10m	ukresults.net	Yes
	Sun 11th	11.00	Honley 6m	Neiley Fields, Honley	Mixed	6m	yvac.org	Yes
	Sun 11th	14.00	Cullingworth Fell	Cullingworth Cricket Club	Fell	4.8m/500'	B. & B Wilsden 01535 275010	Yes
▲	Sun 11th	14.00	Kilburn Feast 7m	Village Institute, Kilburn	Road	7m	ukresults.net	Yes
▲ FR	Wed 14th	19.30	Doncaster 5k's	Town centre <b>(Vets &amp; Open)</b>	Road	5k	ukresults.net	Yes
JR	Fri 16th	19.00	Washburn Valley Relay	Swinsty Moor Car Park	Trail	3 x 3.8m(ave)	otleyac.co.uk	No
	Sat 17th	15.00	Ingleborough	Sports Field, Ingleton	Fell/AM	7m/2000'	ingletongala.co.uk	Yes
L EC	Sun 18th	11.00	Holme Moss	Cartworth Cricket Club	Fell/AL	17m/4000'	holmfirthharriers.com	Yes
	Sun 18th	11.30	Oldfield Fell	Grouse In, Oldfield, Oakworth	Fell/CS	5.5m/500'	J Collinson 01535 647872	Yes
BO JR	Sun 18th	12.00	Hawswick Dash	Littondale	Fell	1.2m/600'	bofra.co.uk	Yes
JR	Wed 21st	18.30	Gargrave XC	Gargrave area	XC	5m/400'	bofra.co.uk	Yes
	Wed 21st	19.00	Golden Acre Relays	Golden Acre Park	XC	3 x 2.75	abbey runners	Yes
▲	Sun 25th	10.30	Harrogate 10k	Town centre	Road	10k	Harrogate Harriers	Yes
▲ FR	Sun 25th	10.45	Pudsey 10k	Pudsey Leisure Centre	RD/trail	10k	Pudsey Pacers	Yes
	Sun 25th	12.30	Rougemont Chase	Weeton	Trail	7.4m	ukresults.net	Yes
BO JR	Sun 25th	12.00	Cracoe Fell	Cracoe	Fell	2.6m/900'	bofra.co.uk	Yes
BC	Sat 31st	14.00	Dollar Fell Race	Dollar Academy GR NS959982	Fell/AM	9.4m/3150'	ochillrunners.org.uk	Yes
JR	Sat 31st	15.30	Cowling Gala Fell	On the A6068 Colne/Keighley	Fell	2.75/475'	bofra.co.uk	Yes
	<b>August</b>							
▲	Sun 1st	10.30	Idle Trail Race	Woodhouse Grove School	Trail	10k	Idle AC	Yes
	Sun 1st	11.00	Round Hill	Timble Village Cross Roads	Fell/BM	8.75m/1100'	otleyac.org.uk	Yes
BO JR	Sun 1st	12.00	Farleton Knott	1 mile from the M6 Jnc 37	Fell	4.5m/1500'	bofra.co.uk	Yes
	Wed 4th	19.30	Hyde Park 5k (2 of 3)	The Gryphon Gym	Road	5k	ukresults.net	Yes
	Sat 7th	15.15	Hellifield Gala	Hellifield Recreation Field	Fell/BS	3.5m/850'	S Moor 01729 860200	Yes
	Sun 8th	10.00	Wensleydale Tri	Hawes <b>(TOUGH)</b>	Mixed	18m/42m/12	ukresults.net	N/K
JR	Sun 8th	12.00	Cray Fell	Between Kettlewell & Aysgarth.	Fell	2.8m/900'	bofra.co.uk	Yes
	Sun 8th	14.00	Bingley Show Fell	Myrtle Park, Bingley	Fell/BS	3m/750'	bingleyharriers.org.uk	Yes
	Wed 11th	19.30	Wrose 5k	Idle Cricket Club	Trail	5k	Race Secretary	N/K
	Sat 14th	13.30	Arncliffe Gala 4m	Arncliffe Village Green	Road	4m	M Critchley 0161 766 8086	Yes
JR	Sat 14th	15.00	Arncliffe Gala Fell	Arncliffe Village Green	Fell/AS	1.8m/443'	W Smith 07769 685221	Yes
	Sun 15th	8.00	Beverley Tri	Leisure Centre, Beverley	Mixed	400m/20/5k	Freebird Events	N/K
BO JR	Sat 21st	11.30	Gargrave Show	Malham Road A65 at Gargrave	Fell	3.3m/900'	bofra.co.uk	Yes
	Sat 21st	14.30	Burnsall 10m	The Green, Burnsall	Road	10m	burnallsports.co.uk	Yes
JR	Sat 21st	16.30	Burnsall Classic Fell	The Green, Burnsall	Fell/As	1.5m/900'	burnallsports.co.uk	Yes
JR	Sat 21st	17.30	West Witton Show	Wensleydale, GR 059883	Fell	N/K	bofra.co.uk	Yes
	Sun 22nd	9.00	Allerthorpe Tri	Allerthorpe Lakeland Park		1500m/40/10	Freebird Events	N/K
BO JR	Wed 25th	13.00	Reeth Show	Swaledale, GR 992043	Fell	2m/800'	bofra.co.uk	Yes
JR	Sat 28th	15.00	Malham (Bofra)	The Showfield, Malham	Fell	2.5m/700'	bofra.co.uk	Yes
	Sun 29th	14.00	Cockerham Tri	Cockerham Quarry, Lanaster	Mixed	350m/15/5k	ukresults.net	Yes
JR	Sun 29th	14.00	Halton Gill Sp. (Bofra)	Grassington/ Kettlewell	Fell	1.5m/750'	bofra.co.uk	Yes
JR	Mon 30th	13.00	Hebden Sports (Bofra)	Grassington/ Pateley Br.	Fell	1.6m/450'	bofra.co.uk	Yes
▲	Mon 30th	13.30	Spofforth Gala Trail	Spofforth Village Hall	Trail	10k	ukresults.net	Yes
JR	Tues 31st	13.00	Kilnsey Show (Bofra)	Kilnsey Showground	Fell	1m/350'	bofra.co.uk	Yes

➡ -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



