

21st

Kippax Harriers
Leeds Country Way

Relay 2011

organised by **KIPPAX HARRIERS**

<http://www.kippaxharriers.org.uk>

Sunday 4th September 2011

(under UK Athletics rules permit applied for)

Entry Form

Club / Team name

.....

Team Captain

.....

Address

.....

.....

.....

.....

Club e-mail address.....

Evening Tel No.....

Please enter the above team for the Kippax Harriers Leeds Country Way Relay.
I agree to abide by the rules made by the Organisers and understand that no liability can be accepted by them for any injury sustained by me or any property lost by me during the period of this event.

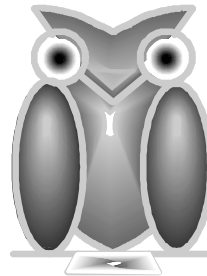
I enclose a cheque made payable to
'KIPPAX HARRIERS' for £114.00
(£9.50 per runner)

Signed.....

Date.....

Commemorative piece of pottery for all competitors.

Closing date 23rd August 2011



Leeds Country Way (LCW), an annual event, is held around the end of August or the first week in September. The race comprises of 6 pairs of runners in each team, running a leg (section) around the Kippax Harriers LCW Route. An approximate total of 64 miles are covered, at a total time of around 7 hours. There are trophies for the fastest legs and teams, men and women, with a memento for each finisher.

Route descriptions are given to each participating team, and teams are encouraged to trace the routes. This will help on the day as there are only time keepers at baton check points.

Send entry to :-

Simon Mustill

LCW Race Secretary
Woodlands View,
5 Honeysuckle Close,
Micklefield, Leeds
LS25 4DT

Tel : 07702 200435

e-mail: info@kippaxharriers.org.uk

SPONSOR

Up & Running, Wakefield

Course Record

6 - 26 - 38 LEEDS CITY Winners 1995



Leg Records

LEG 1

GARFORTH - STANLEY -11.75 miles

1 - 03 - 45 Colpus / Roscoe (Leeds Univ.) 1992

LEG 2

STANLEY - SCOTCHMAN LANE -11.15 miles

1 - 03 - 27 Clark / Wilkes (Leeds City) 1996

LEG 3

SCOTCHMAN LANE - THORNBURY - 9.8 miles

58 - 06 Mitchell / Wilson (Leeds City) 1996

LEG 4

THORNBURY - GOLDEN ACRE PARK - 11.5 miles

1 - 05 - 14 Gill / Convery (Leeds City) 1995

LEG 5

GOLDEN ACRE PARK - THORNER LANE - 10.06 miles

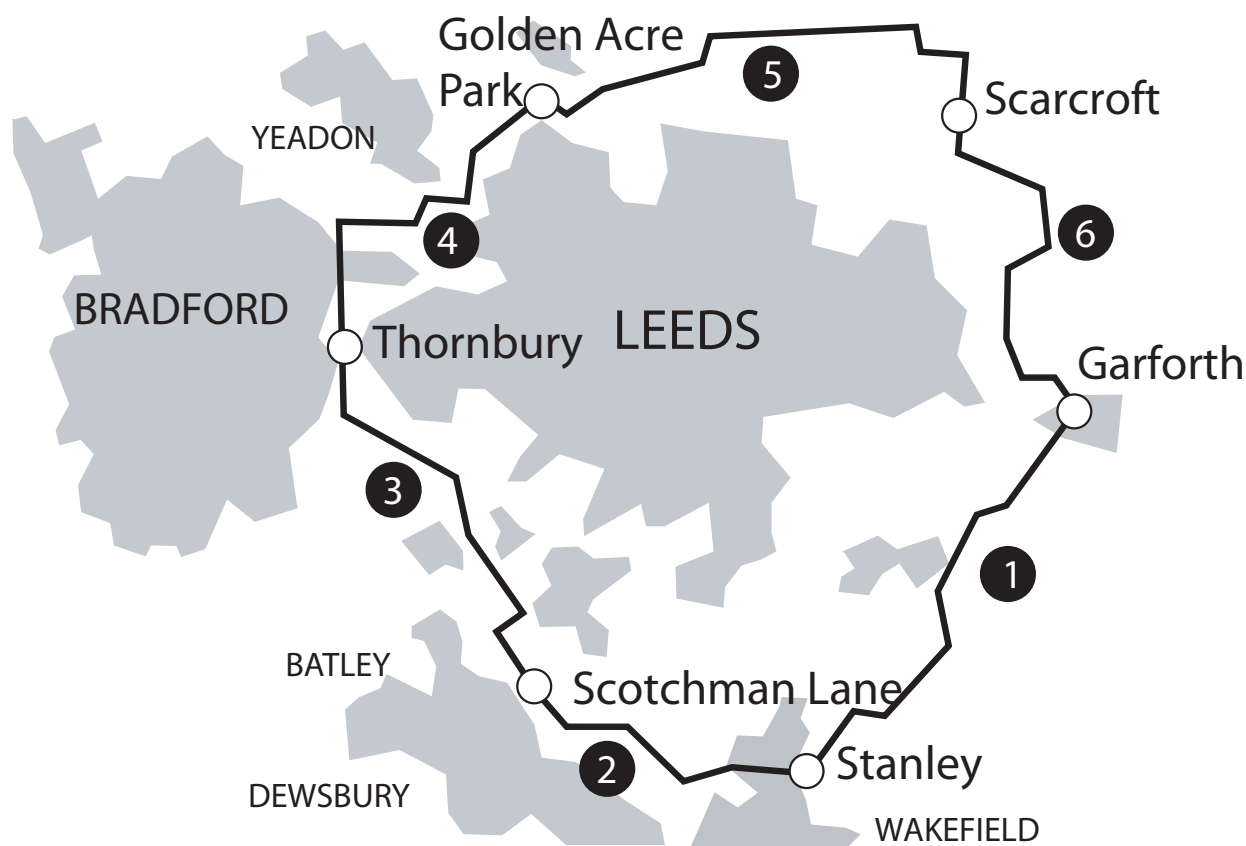
57 - 16 Gill / Flanagan (Leeds City) 1996

LEG 6

THORNER LANE - GARFORTH - 9.7 miles

54 - 27 Aylesbury / Mitchell (Leeds City) 1995

The Course



Total distance is approx. 64 miles.

There are six legs. - 2 runners per leg -12 runners per team. See Race Rules for further information.
Route descriptions are available on the Kippax Harriers website