

A WEEKEND RACING EXTRAVAGANZA FOR THE WHOLE FAMILY

Hosted by Bingley Harriers & AC, in the lovely
Yorkshire Dales village of Kettlewell.

The Wharfedale Triple T is so named because of
the terrain over which the races are run -
Tarmac, Trail and Tussock.

The three races are as follows:

Friday 2 July, evening

A short road uphill race.

Saturday 3 July

An 'A Medium' fell race with navigational skills
required.

Sunday 4 July

An 'A Short' fell race.

Families and children are very welcome.

Facilities include a field for camping and three
public houses nearby. (What more could you ask
for?) The main prizes will be awarded on a
cumulative results basis with the Grand Prix
awarded to the runner who achieves the lowest
aggregate result over the three races.

Smaller prizes will go to the winners of the
individual events.

See over for more details



FRIDAY 2, SATURDAY 3 AND SUNDAY 4 JULY 2010

See Bingley Harriers at
www.bingleyharriers.org.uk

E N T R Y F O R M

Name _____ Age _____ Date of Birth _____
 Address _____ Club _____
 _____ North of England (or other) Registration No.
 _____ (If known) _____
 Post Code _____ Car Reg No. _____
 Telephone No _____
 Email Address _____ Signature _____

FOR OFFICIAL
USE ONLY

I understand that this race is held in accordance with the rules
and safety requirements of UK Athletics Ltd. I am aware of the
organiser's information and stipulations. I declare that I am an amateur
as defined by UK Athletics Ltd. and agree to abide by the rules.

Please enter me for the following race(s)

Race 1 Friday 2 July £4.00
(Unattached runners £2 supplement for friday race)
 Race 2 Saturday 3 July £4.00
 Race 3 Sunday 4 July £4.00
 All three races £10.00

Male Male V40 Male V50 Male V60 Female Female V35 Female V45 Female V55

Competitors in race 2 must be aged 18 or over on 1st January 2010

I enclose my entry fee of £ _____ Cheques made payable to Bingley Harriers & AC

Entries on the day, or send to: Kerry Gilchrist, 47 Norwood Avenue, Bradford BD18 2AX Tel: 01274 789003

RACE 1

FRIDAY 2 JULY. 8.00pm. 4k Uphill Only Road Race

Start - Kettlewell P.O. (GR 971723)

Finish - Park Rash (GR 986757). Return transport is not provided.

Registration: 7.00pm to 7.45pm in event field.

RACE 2

SATURDAY 3 JULY. 11.00am. 20k 'A Medium' Fell Race

This race requires previous fell running experience and navigation ability.

Start - Kettlewell P.O. (GR 971723)

Checkpoint 1 - Track gate (GR 970747)

Checkpoint 2 - Road (GR 986757)

Checkpoint 3 - Wall style (GR 996752)

Checkpoint 4 - Stream / fence junction (GR 012754)

Checkpoint 5 - Great Whernside Summit (GR 002739)

Checkpoint 6 - Blackfell Crag (GR 002747)

Checkpoint 7 - Caseker Crag (GR 992743)

Checkpoint 8 - Bridleway / wall junction (GR 992726)

Finish - Event Field. (GR 971722)

Competitors must carry the following equipment: Map, compass, whistle, windproof whole body cover, emergency food and other body cover (e.g. hat, gloves, long sleeved top) appropriate to the conditions on the day. FRA safety requirements will apply. Maps will not be provided.

Registration: 10.00am to 10.45am in the event field.



RACE 3

SUNDAY 4 JULY. 11.00am. 3k 'A Short' Fell Race

Start - Event field.

Finish - Event field. FRA safety requirements will apply.

Registration: 9.30am to 10.45am in event field.

MAP

Map for the area is Ordnance Survey - Outdoor Leisure Sheet 30 (Yorkshire Dales North and Central).

This map will be required for the Saturday event and is not provided. Please bring your own.

PRIZES

SINGLE RACES

One prize each person in the following categories. (Placings take priority over category)

Seniors	Ladies	1st, 2nd and 3rd
	Men	1st, 2nd and 3rd
Veterans	Ladies V35	1st
	Ladies V45	1st
	Ladies V55	1st
	Men V40	1st
	Men V50	1st
	Men V60	1st

GRAND PRIX

Overall awards for three races completed. One prize each person in the following categories.

(Highest cumulative results take priority over category) Cumulative points will be used.

Seniors	Ladies	1st, 2nd and 3rd
	Men	1st to 10th
Veterans	Ladies V35	1st and 2nd
	Ladies V45	1st and 2nd
	Ladies V55	1st and 2nd
	Men V40	1st and 2nd
	Men V50	1st and 2nd
	Men V60	1st and 2nd
Teams	Three to count	1st, 2nd and 3rd

Each team will comprise highest placed overall Senior, Lady and Veteran.

Commemorative souvenirs to all prizewinners.



**HAVE A GREAT
WEEKEND**

AMENITIES

Event field (GR 971722) Camping (Charge per person) and parking (Charge per car) will be available. Sorry, no caravans. Toilets and showers at the farm. Food in the event field.