

# 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 6 July, evening

A short road uphill race. Course not officially measured.

## Saturday 7 July

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

## Sunday 8 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 6, Saturday 7 & Sunday 8 July 2012**

**See Bingley Harriers at  
[www.bingleyharriers.org.uk](http://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 \_\_\_\_\_ Signature \_\_\_\_\_

Email Address \_\_\_\_\_

If you do not wish your email details to be put on our mailing list please tick box

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 6 July  £4.00  
(Unattached runners £2 supplement for friday race)

Race 2 Saturday 7 July  £4.00

Race 3 Sunday 8 July  £4.00

All three races  £10.00

Men   
  Men V40   
  Men V50   
  Men V60   
  Men V70  
 Ladies   
  Ladies V35   
  Ladies V45   
  Ladies V55   
  Ladies V65

Competitors in race 2 must be aged 18 or over on 1st January 2012

I enclose my entry fee of £ \_\_\_\_\_ Cheques made payable to Bingley Harriers & AC. Entries on the day, or send to:  
Adrian Rushworth, 11 Brackendale, Thackley, Bradford BD10 0SJ. Email: [adrian.rushworth@sky.com](mailto:adrian.rushworth@sky.com)

## Race 1

### FRIDAY 6 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.

\*Approximate distance. Course has not been officially measured.

## Race 2

### SATURDAY 7 JULY. 11.00am. 20k approx 'A Medium' Fell Race

This race requires previous fell running experience and navigation ability.

Start - TBA

Finish - Event Field. (GR 971722)

The race will require runners to navigate round a number of checkpoints in numerical order. Details of the course will be provided closer to the event date.

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 8 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)

<b>Seniors</b>	Ladies	1st, 2nd and 3rd
	Men	1st, 2nd and 3rd
<b>Veterans</b>	Ladies V35	1st
	Ladies V45	1st
	Ladies V55	1st
	Ladies V65	1st
	Men V40	1st
	Men V50	1st
	Men V60	1st
	Men V70	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.

<b>Seniors</b>	Ladies	1st, 2nd and 3rd
	Men	1st to 10th
<b>Veterans</b>	Ladies V35	1st and 2nd
	Ladies V45	1st and 2nd
	Ladies V55	1st and 2nd
	Ladies V65	1st and 2nd
	Men V40	1st and 2nd
	Men V50	1st and 2nd
	Men V60	1st and 2nd
	Men V70	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.