

# Relay 2018

organised by KIPPAX HARRIERS  
<http://www.kippaxharriers.org.uk>  
**Sunday 2nd September 2018**  
(under UK Athletics rules permit applied for)

## Entry Form

Club / Team name  
.....

Team Captain  
.....

Address  
.....  
.....  
.....  
.....

Email 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.

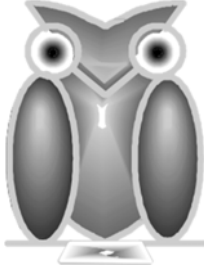
You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licenses or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category.

You also confirm that your club is compliant with The General Data Protection Regulation (GDPR) and has permission to submit entrants' data in order to enter events such as this.

I enclose a cheque made payable to 'KIPPAX HARRIERS' for £132.00 (£11 per runner)

Signed.....

Date.....



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 available on our website, and runners are encouraged to familiarize themselves with the routes beforehand as the race is self-navigating, and there will only be marshals at handover points.

**Send entry to:**  
**Helen Cowley**  
LCW Race Secretary  
162 Austhorpe Road,  
Crossgates,  
Leeds  
LS15 8EF

Tel: 07905 328 722  
Email: [info@kippaxharriers.org.uk](mailto:info@kippaxharriers.org.uk)

Commemorative piece of pottery for all competitors.  
**Closing date 13<sup>th</sup> August 2018**

## 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

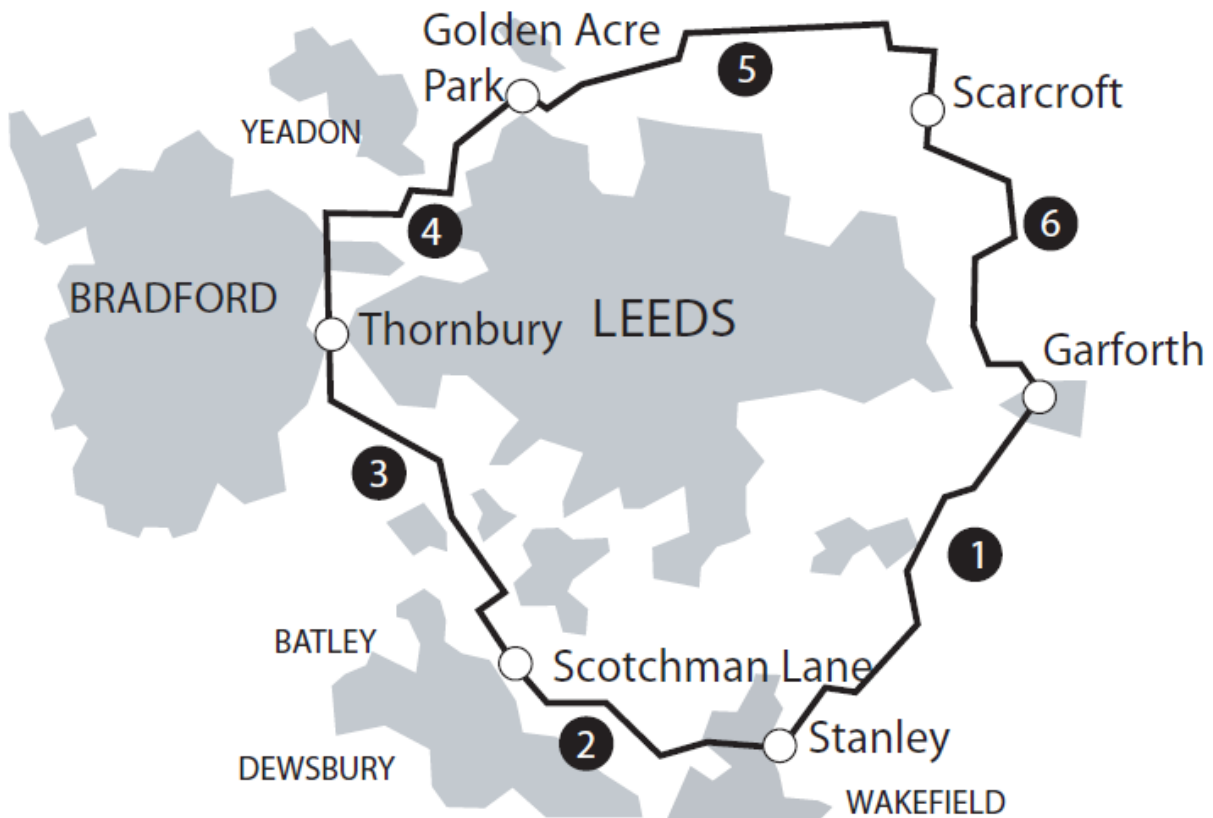
57 - 16 Gill / Flanagan (Leeds City) 1996

### 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