

ROTHERHAM HARRIERS & ATHLETICS CLUB

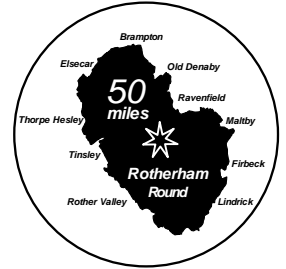


present an open Trail Running event following the approximate route of the ROTHERHAM boundary

Approx. 50 miles / 81 km Individual
with parallel 8-stage relay (2-8 members)

Rowbotham's ROUND ROTHERHAM

Date: Saturday, 9th December, 2006



Under TRA / UK: Athletics Rules: TRA Permit applied for

Starts: Runners: 07:30 (one start for all runners).
Walkers: 06:00 (generally taking from 12 to 16 hours)
Time Limit: 16 hours aim. 14½ h for runners (half-way checkpoint closes at 14:30, 3/4 at 18:00, Finish by 22:00).

Records: Chris Parkes (1996) 6 h 17 min 50 s Sharon Gayter (1995) 7 h 44 min 45 s
Equivalent best time: Carolyn Hunter-Rowe (1992) 6 h 50 min 00s, based on shorter course

Entries: Pre-entries £9.00, Unattached £10.00 including contribution to levy
Entry by 25 Nov for confirmation of entry and to guarantee map, memento and badge with entry form or via website <http://www.hmarston.co.uk>, follow links to RRR. Entries after 4th Dec & E.O.D £15:00 (all) The TRA recommend minimum age 21 years. Absolute minimum age on day is 18. 18-20 year olds, contact organiser in advance.

Event Centre: Dearne Valley College Sports. THIS IS A CHANGE FROM 2005. Start and Finish, showers & food at finish. DVC Sports, 4 km from the finish in previous years, is signed from the Manvers roundabout on the A6023. Grid Ref SE 455003, Postcode (for Sat Nav systems) S63 7EW - Manvers Park, Wath. Full directions in Final Details and on our web site. Basic Friday Night accommodation, from 8 pm (£4 pp, pay on day, bring sleeping bag – see Final Details).

Awards: Trophies for first, second and third male and female. First team (3 from one club)
10-completions (see website (RRR History) for a compilation of multiple completions)
Memento and badge for starters, and certificate to all who complete the course.

Safety: This Trail Race takes place at low altitude (below 150 m, 500') but in the middle of winter. Competitors should be aware of the danger of hypothermia, and are advised to carry or wear a waterproof top (cagoule, etc), adequate clothing and a mobile phone in case assistance is required. Torches are required until about 07:30, and again from 16:00. All competitors take part at their own risk and must report to the Finish or retire at an official checkpoint. The Organiser reserves the right to alter the course in the light of conditions on the day. The Organiser and Rotherham Harriers and Athletics Club cannot be held responsible for any loss or injury arising from participation in this event.

Entries to: Brian Harney, Field Cottage, Biscay Lane, Wath-on-Deerne, Rotherham, S63 6PT
by 4th Dec, plus **large** SAEs for Results (marked RESULTS), and Final Details
Postal entry and general enquiries 01709 878959 or email: rrr@hmarston.co.uk

Quick Entry Code (if known):

Name: _____ Male Female **Age on day** ____ **DOB** ____/____/19____
Forename Surname TRA recommended Min. Age on day: 21 years

Club (for Team Competition): _____ (for LDWA, give section)

Affiliated 1st claim club, FRA, TRA, NoEAA Mem No, or state Unattached _____

Proposed **Start:** Walkers: **6:00** Runners: **7:30** (assumed if not stated)

Fees: Attached £9.00 (Member of an athletics club, FRA or TRA.)
(please Unattached £10.00 (i.e. not a member of a club or association affiliated to UK Athletics. LDWA is **not** attached)
indicate) Late entries £15.00 (Attached or unattached).

Entries not acknowledged after 25 Nov. (cheque to RHAC)

Previous participation: (approximately) how many times have you completed the Round Rotherham _____

If none, have you entered or started but not finished? Y N

If you have (or may have) entered under a different name/club previously, what name(s)? _____

I would like to sleep in the Event Centre on the night of Friday 8th December, £4 paid on the day Y N

I absolve the Organisers and Rotherham Harriers and Athletics Club from responsibility for my safety in the Round Rotherham event. I understand that TRA / UK: Athletics Rules apply. Entries and results will be processed by computer, and can only be accepted on this basis. Data will only be used in connection with the Round Rotherham event. I will obey the country code.

Signed: _____ **Date:** ____/____/2006

Address: _____

Postcode _____ **Home Telephone**, inc code _____ - _____

Number of mobile phone carried on day: _____ - _____ Car registration/type _____

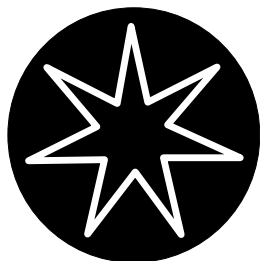
e-mail address (please write clearly – used to acknowledge entry/for enquiries)

Additional Information Terrain: footpaths, towpaths, tracks and occasional roads

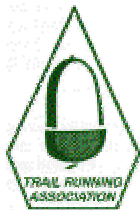
The Route: Written descriptions, a "Wainwright-style" diagrammatic map is provided for each runner on the day, and a schematic for use with Ordnance Survey Landranger Map 111 (Sheffield and Doncaster) to assist navigation. A copy of the 2005 version of each can be downloaded from the website or (on request) will be sent to entrants who send a large SAE (B5) marked MAP on the top left corner (acknowledgements will be included). This will facilitate reconnoitring, which is recommended. The route is subject to minor revision, which will be advised on the day. For GPS waypoints see our web site or contact RRR@hmarston.co.uk. Race distance 81 km estimated by GPS measurement, climb 785 m from map contours.

Individual

Individual

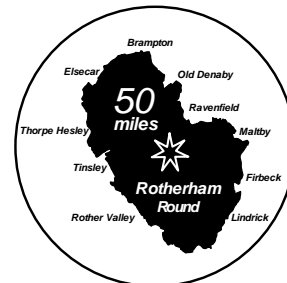


ROTHERHAM HARRIERS & ATHLETICS CLUB



Present Rowbotham's
ROUND ROTHERHAM 8-STAGE RELAY:
A Trail Running Relay following the approximate route of the
ROTHERHAM boundary, for approx. 50 miles / 81 km

Date: Saturday, 9th December, 2006
Under TRA / UK: Athletics Rules TRA Permit (applied for)



Start: RELAY: 08:30

Format: An eight stage relay with two to eight runners per team follows the individual event route: The basic rules of the relay are: (a) change-over at each of the seven intermediate checkpoints, (b) runners can be accompanied by "minders" (c) runners cannot run consecutive legs (except as a minder), (d) it is the team's responsibility to get the fresh runner to the check point, and to collect the runner from the previous stage (**Note: refreshments at checkpoints are intended for individual competitors** - relay teams are expected to provide their own refreshments). Min. Age 18 yrs on the day

Entries to be received by 4th December £16.00. **No Entry on the day.**
Enclose S.A.E.'s for Final Details (1, for entries received by 25 Nov) and Results (as required) via form below or website <http://www.hmarston.co.uk>, following links to RRR

Event Centre: Dearne Valley College Sports. THIS IS A CHANGE FROM 2005. Start and Finish, showers & food at finish. DVC Sports, passed 4 km from the finish in previous years, is signed from the Manvers roundabout on the A6023. Grid Ref SE 455003, Postcode (for Sat Nav systems) S63 7EW - Manvers Park, Wath. Full directions in Final Details and on our web site.

Awards: Trophy for first open team, first mixed team (minimum 3 stages run by a lady, at least 1/3 distance (27 km) see table) and first all-female team. Memento (£4.00 each) and badge (50p) available to all participants (including non-running team manager(s)) - check website or request details with entry form.

The Organiser reserves the right to alter the course in the light of conditions on the day. The Organiser and Rotherham Harriers and Athletics Club cannot be held responsible for any loss or injury arising from participation in this event. See Individual Entry Form for additional information related to terrain and navigation.

Entries to: Brian Harney, Field Cottage, Biscay Lane, Wath-on-Deerne, Rotherham, S63 6PT
by 4th Dec, plus large SAE's for info (to 25 Nov) and results
Postal entry and general enquiries 01709 878959 or via website <http://www.hmarston.co.uk> email:henry@hmarston.co.uk
Team Name: _____ Team Class: Open / Female / Mixed / Fun _____

Other attributes for non-athletic club teams (works/pub/etc) _____
Relay £ 16 : 00
Memento (£4.00 each) No. _____ £ : 00
Badges (£0.50 each) No. _____ £ : .
Total (cheque to RHAC): £ : .

Number planning to sleep in the Event Centre on the night of Friday 8th December, £4 pp paid on the day
I absolve the Organisers and Rotherham Harriers and Athletics Club from responsibility for the safety of the team in the Round Rotherham event. I understand that UK: Athletics Rules apply. Entries and results will be processed by computer, and can only be accepted on this basis. Data will only be used in connection with this event. We will obey the country code

Signed: _____ Date: ____ / ____ / 2006
Name: _____ (Team Manager)
Address: _____
Postcode _____ Telephone, inc code _____ - _____

e-mail address (please write clearly): _____

Proposed Team and Proposed number in team (not binding) ____ (2 to 8). Please advise any changes on the day

Stage	Team Members	Distance, km	Stage Runner's name	M/F	UK:athletics club member
1	Start to Grange	16.4			4 km longer
2	Grange to Treeton	10.4			
3	Treeton to Harthill	12.7			
4	Harthill to Woodsetts	9.7			
5	Woodsetts to Firbeck	9.4			
6	Firbeck to Maltby	7.5			
7	Maltby to Old Denaby	9.8			
8	Old Denaby to Finish	5.2			4 km shorter

8-stage relay

8-stage relay