



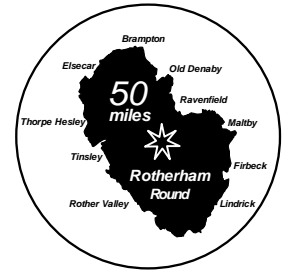
ROTHERHAM HARRIERS & ATHLETICS CLUB

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)

26th running of Rowbotham's ROUND ROTHERHAM

Date: Saturday, 13th December, 2008



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

Starts: Runners: 07:00. Walkers: 06:00 Time Limit: Finish by 22:00 (49km checkpoint closes at 16:00, 66km at 19:00)

Records: Chris Parkes (1996) 6 h 17 min 50 s (Matt Giles (2007) 6 h 17 min 54 s)
Sharon Gayter (1995) 7 h 44 min 45 s / Carolyn Hunter-Rowe (1992) 6 h 50 min 00s, based on shorter course

Entries: Pre-entries £12.00, Unattached £13.00 including contribution to levy. Entry by 3rd Dec for confirmation of entry and to guarantee map, memento and badge. Late entries & E.O.D £17:00 The TRA minimum age is 21 years. Absolute minimum age on day is 18. 18-20 year olds, contact organiser in advance.

Event Centre: Dearne Valley College Sports, Manvers Park, Wath, S63 7EW Grid Ref SE 455003. Start and Finish, showers & food at finish. The college is signed from the Manvers roundabout on the A6023. Directions with confirmation and on our web site <http://hmarston.co.uk>, follow links to RRR, which gives updated information. We hope to have basic Friday Night accommodation, from 9 pm (£4 pp, add to fee, bring sleeping bag / mattress).

Awards: Trophies for first, second and third male and female. First team (3 from one declared team)
10-completions - See website (follow links to 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.

The Route: Written descriptions, a "Wainwright-style" diagrammatic map, a schematic for use with Ordnance Survey Landranger Map 111 (Sheffield and Doncaster) to assist navigation will be available on the day. The 2007 version of each can be supplied by sending a large SAE (with Large stamp) marked MAP on the top left corner. Progressively updated versions (ultimately the final versions) can be downloaded from <http://hmarston.co.uk>. The maps and description will facilitate reconnoitring, which is recommended. The route is subject to revision, which will be advised on the day. Race distance 81 km estimated by GPS measurement, climb 785 m from map contours - waypoints are available from the website

To: RRR Entries, 27 Slayley View Road, Barlborough, Chesterfield, S43 4UQ Tel 07591 499183; Roundroth@aol.com by 3rd Dec, plus 2 SAEs (minimum 230x160 mm for A5 sheet - if larger than use Large stamp). First / only SAE is for race number, confirmation and details, with 2007 route description and map if requested (also available from website). Second SAE for results. No SAE, or after 3rd Dec: you will get information from website, collect number on day.

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) RHAC

Affiliated 1st claim club, FRA, TRA, UK: Athletics N^o, or state Unattached _____

Proposed **Start:** Walkers: 6:00 Runners (expecting to be faster than 10 hours): 7:00 (assumed if not stated)

Fees: Attached £12.00 (Member of an athletics club, FRA or TRA.)
(please Unattached £13.00 (i.e. not a member of a club or association affiliated to UK Athletics. LDWA is **not** affiliated)
indicate) Late entries after 3 Dec £17.00 (affiliated or unaffiliated). These entries will not be acknowledged.

Cheque to RHAC

I would like to sleep in the Event Centre on the night of Friday 12th December, £4, please add to fee Y N

Previous participation: completed the Round Rotherham? approx number of finishes: _____ or started but not finished? Y N

If your last entry was under a different name/club previously, what name/club? _____

Do you have a medical condition the organiser should be aware of? If so, tick box and provide relevant information. 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: ____/____/2008

Address: _____

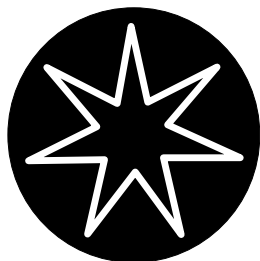
Postcode _____ **Home Telephone**, inc code _____ - _____

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

e-mail address (please write clearly - used for late information if appropriate)

Individual
(relay overleaf)

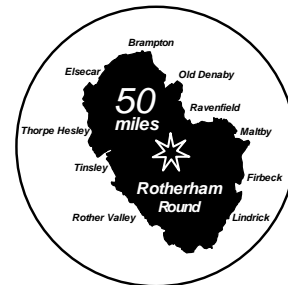
Individual



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
 in parallel with an individual event



Date: Saturday, 13th December, 2008

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

Start: RELAY: 8:00

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 3rd December £20.00. **No Entry on the day.** Enclose SAEs for Details and Results

Event Centre: Dearne Valley College Sports Manvers Park, Wath, S63 7EW Grid Ref SE 455003. See overleaf

Awards: Trophy for first Open team, first Mixed team (4 or more women in any combination or 3 women with at least 1/3 distance (27 km) run by women, see table) and first all-Female team. Memento (£4.00 each) and badge (50p) available to all participants (including non-running team manager(s)).

The relay is not an inter-club championship. Non-athletic club teams and ad-hoc teams are accepted. Athletics clubs may wish to enter teams comprising their own members, but protests concerning eligibility will not be entertained by the Organiser.

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 (overleaf) for information related to terrain and navigation. Full details on website <http://hmarston.co.uk>

To: RRR Entries, 27 Slayley View Road, Barlborough, Chesterfield, S43 4UQ Tel 07591 499183; Roundroth@aol.com by 3rd Dec. Enclose SAEs (min 230x160 mm for A5 sheet - if larger use Large stamp). First (or only) SAE is for confirmation, details, race number for each team member (sent in November), with the 2007 description of route and map if requested. If provided, second SAE will be used for results. If no SAE is supplied or after 3rd Dec, we assume you will get any information from the website and collect (and distribute) race numbers on the day.

Team Name: _____ Team Class: Open / Female / Mixed / Fun_____

Other attributes for non-athletic club teams (works/pub/etc) _____

Relay £ 20 : 00

Memento (£2.50 each) No. _____ £ :

Badges (£0.50 each) No. _____ £ : .

Total - Cheque to RHAC: £ : .

Number planning to sleep in the Event Centre on the night of Friday 12th December, **£4 pp added to fee**

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: ____ / ____ / 2008 RHAC

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 N°
1	Start to Grange	16.8			
2	Grange to Treeton	10.0			
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			

Team membership can alternatively be advised via our website <http://www.hmarston.co.uk>

8-stage relay
(individual overleaf)

8-stage relay