

INFORMATION FOR COMPETITORS

Ambleside Traditional Lakeland Sports:
RYDAL PARK, AMBLESIDE (A591)
FIRST RACE 12 Noon

Thursday 28th July 2011
www.amblesidesports.co.uk

CUMBERLAND AND WESTMORLAND WRESTLING, and HOUND TRAILS
[Entries as per regulations governing their Sports](#)

ALL FELL & GUIDES RACES – ENTER ON THE DAY.

PAY ADMISSION TO SPORTSFIELD - THEN FREE ENTRY TO EVENT

[B.O.F. R.A. rules apply to all Guides Races & F. R.A. rules for the Rydal Round](#)

SENIOR GUIDES Trophies – 1st Man, 1st Lady, Over 40 & Over 50
Winner £100 Total Prize Money £320

JUNIOR GUIDES - UNDER 12, UNDER 14, UNDER 17. Prizes for **each** event:

Boys: 1 st Trophy + £30	2 nd £20	3 rd £15	4 th £5
Girls: 1 st Trophy + £30	2 nd £20	3 rd £15	4 th £5

RYDAL ROUND FELL RACE

Trophies – 1st Man, 1st Lady, Over 40, Over 50, Team

Winner £100 Total Prize Money over £400 - Cash prizes to:

First 7 men; first 4 ladies; first 3 Over 40; first 3 Over 50 and first team of 3

CHILDREN'S TRACK RACES – Free entry on the day

CYCLE EVENTS— Entries for Cycle Events close 11th July.

Entries to: **Bob McLean 016973 61392**

500 m Scratch, 800m, 1600m, 3,200m, Handicaps

Premier final race—Devil Take the Hindmost

Total Prize Money £460 plus 5 trophies outright

Junior Races: Prize Money £150

TRACK EVENTS – . Entries for Track Events close 11th July. Entries to: **ERNIE BLAIR (Handicapper), Rye Cottage, 24 Ryecroft Way, Wooler, Northumberland, NE71 6DZ**

Click here for downloadable Entry Form

[England Athletic Rules Apply](#)

Senior Track Events	1 st	2 nd	3 rd	4 th
90m Handicap	Trophy + £100	£50	£25	£15
200m Handicap	Trophy + £100	£50	£25	£15
400m Handicap	Trophy + £100	£50	£25	£15
800m Handicap	Trophy + £100	£50	£25	£15
1600 m Handicap	Trophy + £100	£50	£25	£15
U17 Track Events	1 st	2 nd	3 rd	4 th
90m Handicap	Trophy + £40	£20	£10	£5
200m Handicap	Trophy + £40	£20	£10	£5
400m Handicap	Trophy + £40	£20	£10	£5
800m Handicap	Trophy + £40	£20	£10	£5

Youths 400m Open U15 & U13 Medals for 1st, 2nd and 3rd in each section. **We are hoping to attract more Junior runners – entries for this event will be accepted on the day.** (If not previously full)