

City of York AC and York Acorn RC present
York Millennium Bridge 5k (2.5k race and 1m fun run)

On Wednesday 12 August 2015

Under UKA rules- permit 2015-19076



with support from



Course: From St Georges Field car park (near York Castle), flat, fast and attractive, on road and paths on both sides of the river and in Rowntree Park. Please note there are toilets, but no changing facilities. *The course is not suitable for wheelchairs and pushchairs.*

1 mile fun run: Starts 6.50pm. Entry £1. Entry on the night only.

2.5k: Starts 7.00pm. Minimum age 11 on race day (no upper limit).

Prizes for Under 13 and Under 15 – ages at 31st August 2014. Under 13 = Just finished School Year 6, 7, 8

5k (2 races): ‘The Fast One’ for men up to age 59 and women up to age 49.

Start 7.20pm. (Race limit 150)

‘The Slower One’ for women aged 50 and over, men 60 and over, Under 13 and all other runners expecting to take longer than 22 mins.

Start 7.40pm (Race limit 150) Minimum age on race day is 12 for both 5k races.

Prizes for Under 15’s, 17’s, Under 20’s (ages on 31 Aug 2014), **seniors and veterans.**

Mens and womens team prize, 3 to count. Club vest must be worn.

£50 bonus for course record (men 14m 46s, women 16m 50s)

Further information & results: www.yorkacornrunningclub.org.uk Email: coyacevent@hotmail.co.uk

Enter on-line via www.bookitzone.com (collect your number on race night)

Entries on day are £2 extra, provided the race limit not reached. If not entered please check before travelling. Entries on day are not eligible for prizes

York Millennium Bridge Races 2015 – Entry Form tick the race you wish to enter

<input type="checkbox"/> 2.5k	<input type="checkbox"/> 5k Race 1 (Fast One)	<input type="checkbox"/> 5k race 2 (Slower One)	<input type="checkbox"/> Male/Female		
Name					
Address					
Postcode			Telephone No		
Club		Age **	Date of Birth		
Email				UKA Reg No.	

** Seniors and Veterans - Age on day. Under 13, 15, 17, 20 - Age on 31 Aug 2014

Entry fees 2.5k race - £3; 5k race, £5 or £8 if unattached

Total enclosed £_____ Cheques payable to "York Acorn RC".

Pre-entries close 9th August. Collect number on Race Day.

Entries to: D Paver, 16 Northfield Avenue, Wetherby, West Yorkshire, LS22 6TD

I declare that I am eligible according to UK Athletics laws and I am medically fit to take part. I understand that I take part at my own risk and accept that the organisers shall not be liable for any injury or illness to my person nor any damage or loss of property.

Signature _____ (parent/guardian if under 18)