

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

On Tuesday 13th August 2019

Under UKA rules- permit pending



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: mainly Primary Age up to leaving Year 6 Starts 6.50pm. Entry £1. Entry on the night only

5k (2 races): Race 1 - for men up to age 59 and women up to age 49. Faster than 23 minutes
 Start 7.10pm. (Race limit 150)

Race 2 - for men 60 and over, women aged 50 and over, (their prizes taken from this race)
 AND all other runners expecting to take longer than 23 mins.

Most Under 13s (Year 7 and 8) should do this race unless very sure.

Start 7.30pm (Race limit 150) Minimum age just leaving School Year 7

Prizes for Under 13, 15 17, 20 (ages on 31 Aug 2018), **seniors and veterans.**

Mens and Womens team prize, 3 to count. Club vests must be worn.

£50 bonus for course record (men 14m 35s, women 16m 24s)

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. But it has filled in advance the last 2 years.

If not entered please check before travelling.

York Millennium Bridge Races 2019 – Entry Form - please tick the race you wish to enter

5k Race 1		5k Race 2		Male / Female	
Name					
Address					
Postcode			Telephone No		
Club			Age **	Date of Birth	
Email				EA Reg No.	

** Seniors and Veterans – Age on day.

Under 13, 15, 17, 20 – Age on 31 Aug 2018

Entry fee for 5k race, £7 or £9 if unattached

Total enclosed £ _____

Cheques payable to York Acorn RC

Pre-entries close 9th August or earlier if full. Collect number on Race Day.

Postal 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)