

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

**On Wednesday 10 August 2016**

**Under UKA rules- permit ??????**



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 31<sup>st</sup> August 2015.

Under 13 = Just finished School Year 6, 7, 8 Under 15 = finished Year 9 and 10

**5k (2 races):** ‘The Fast One’ for men up to age 59 and women up to age 49. 22 minutes or faster  
 Start 7.20pm. (Race limit 150)

‘The Slower One’ for women aged 50 and over, men 60 and over,

And all Under 13s 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 2015), **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](http://www.yorkacornrunningclub.org.uk) Email: [coyacevent@hotmail.co.uk](mailto:coyacevent@hotmail.co.uk)

Enter on-line via [www.bookitzone.com](http://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. The limit was reached in advance in 2015.

**York Millennium Bridge Races 2016 – 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 2015

Entry fees 2.5k race - £3; 5k race, £6 or £8 if unattached

Total enclosed £\_\_\_\_\_ Cheques payable to "York Acorn RC".

Pre-entries close 8th 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)