

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

**On Wednesday 13 August 2014**

**Under UKA rules- permit 2014-12252**



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 2013. 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 54.

Start 7.20pm. (Race limit 150)

‘The Slower One’ for women aged 55 and over, men 60 and over, Under 13 and all other runners expecting to take longer than 23 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 2013), **seniors and veterans.**

**Mens and womens team prize, 3 to count.**

**£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

**York Millennium Bridge Races 2014 – 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 2013

Entry fees 2.5k race - £3; 5k race, £5 or £7 if unattached

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

Pre-entries close 10th August. Please enclose SAE for number and race info or pick up on 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)