

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

**On Tuesday 14<sup>th</sup> August 2018**

**Under UKA rules- permit 2018-**



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):** 'The Fast One' for men up to age 59 and women up to age 49. Faster than 22 minutes Start 7.10pm. (Race limit 150)  
'The Slower One' for women aged 50 and over, men 60 and over, (their prizes taken from this race) AND all other runners expecting to take longer than 22 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 2017), **seniors and veterans.**  
**Mens and Womens team prize**, 3 to count. Club vests 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.bookitzzone.com](http://www.bookitzzone.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 2018 – Entry Form - please tick the race you wish to enter

5k Race 1 (Fast One)		5k race 2 (Slower One)		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 2017

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

Total enclosed £ \_\_\_\_\_

Cheques payable to York Acorn RC

Pre-entries close 12th August or earlier if full. 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)