

Race run under UKA Rules – Permit No 2015 13252



Sunday 6<sup>th</sup> September 2015 at Wetherby Racecourse  
A day of racing hosted by Wetherby Runners A.C.

At 2pm

# The Wetherby Run – 10k

‘A Cracking ‘little’ Yorkshire run’

Preceded by at 12:30pm



## Yorkshire Gold 5k



‘The Power and the Glory’

Also – The Wetherby Mini Marathon - Family Fun Run (1.6 miles) at 11:30am

With support of

**FILMORE & UNION**

&



**Chip Timed 10k & 5k events**

Timing by ‘Sport Systems.co.uk’

Supporting the clubs nominated charities of the year

**St Gemma’s Hospice & Yorkshire Cancer Research.**

Registered Charity no. 1015941

Registered Charity no. 516898

Substantial cash prizes for first male and first female winners of 10k in under 31min.45sec & 35 min.30 sec. respectively.

**Starting and finishing at Wetherby Racecourse, off York Road, Wetherby. LS22 5EJ.**

**Large Mug to all finishers of 5k & 10k races.**

**10k Entry Fee: £13.00 UKA club member-£15.00 un-attached runner 2pm**

**5k Entry Fee: £10.00 UKA club member-£12.00 un-attached runner 12:30pm**

Last Postal entry to be received by 22<sup>nd</sup> August 2015. Enter on line at <http://bookitzone.com/>





BARR Ref: 607

Keep up to date on Facebook at [www.facebook.com/Wetherby10k](http://www.facebook.com/Wetherby10k)  
**With thanks to Swift Research Ltd, Up & Running & Platinum Print**  
 Wetherby 10k & Yorkshire Gold 5K - Cash Prizes in all Veteran and Open Categories  
 Men Open over 40 over 45 over 50 over 60 over 70  
**Women Open over 35 over 40 over 45 over 55 over 65**  
 Also a Cash Prize Wetherby 10k First Under 20yrs Male & Female  
 One prize per athlete except team prizes



Wetherby 10k - 1<sup>st</sup> & 2<sup>nd</sup> Team Prizes (3 to count).  
 Also Wetherby 10k - 'The Gray Cup' awarded to the 1<sup>st</sup> local runner.  
 Prizes awarded based on 'Gun to Mat' times, not 'Mat to Mat' finishing times.  
**If a veteran wins an open prize this frees up an extra veterans prize**



**Race Number Sponsors**

**Wetherby 10k – The Gray Cup . First Local Runner**

To be eligible for this annually awarded cup the runner must be resident in the Wetherby postcode areas of either LS22 6 or LS22 7  
 Club Runners and Unattached Runners are eligible for the Gray Cup - no extra cost.

**Race Entry**

Race cheques should be sent with entry form and made payable to: '**Wetherby Runners A.C.**'  
 Also include a 240mmx165mm stamped self addressed envelope (A5 sized) Send to:  
**Entry Secretary, 48 Coxwold View, Wetherby, West Yorks, LS22 7PU.**

The Small Print.

- 10 k competitors must be 15 years of age or over on the day of the race – 5k competitors must be 12 years of age or over on the day of the race .
- Due to the nature of the course we are unable to accept entries from wheelchair athletes.
- No accompanying dogs or cyclists allowed. Runners are reminded to adhere to the 'Country Code' on off-road sections.
- Results will be posted on club website [www.wetherbyrunnersac.co.uk](http://www.wetherbyrunnersac.co.uk) within 48 hrs of the finish.
- Please contact Entry Secretary if you need to change runner details later. (Don't run using someone else's number)
- In accordance with UKA Personal Safety Recommendation. **The use of I-pods or MP3 players is not permitted.** (Infringement = No results published)
- The course distances has been measured by surveyors wheel. Trail races are not permitted for accurate distance certification if greater than 10% off road. There is a 1.2km section of hard packed gravel therefore 'The Association of UK Course Measurers' cannot certify the 10km distance.
- Unfortunately should, for un-foreseen circumstances the races be unable to proceed there will be NO REFUND of entry fee, booking fee nor will free gift items be available.
- We apologise that deferring of entries to following years is not possible
- The Wetherby Mini Marathon – Family Fun Run** (1.6 miles approx) start at 11:30am. At £3.50. Entries are only available on the day. There is no minimum age for fun runners but under 7's must run with a fee paying adult. Prizes awarded to first 5 runners aged 15 years or under. All finishers are medal winners.

**Please use On-Line Entry System as first preference**

Of course you may enter by using this entry form . Race numbers and information booklet will be posted to you 4 weeks before race.  
 Have you included? 1. Entry form - 2. Entry fee - 3. Your A5 size stamped self addressed envelope (240mm x 165mm and a 2<sup>nd</sup> Class STAMP)  
 Entries on the day subject to race limit (1200 for 10k & 400 for 5k). If these are available notification will be given on the web site no earlier than 16-08-15.

I wish to enter 'The Wetherby Run 2015 and/or Yorkshire Gold 5k '. I declare that I am an amateur as defined by UKA rules. I certify that I am medically fit to run the 10Km race. I agree that the organisers will in no way be held responsible for any injury or illness incurred to my person during or as a result of the event. Your Details are protected by The Data Protection Act.

<b>I Wish to Enter</b> (delete where Appropriate)		<b>The Wetherby Run – 10k</b>		<b>Yorkshire Gold - 5K</b>		<b>Both 10k &amp; 5k Races</b>		Min age for 5k is 12 years. Min Age for 10k is 15years							
Title	First Name			Surname				M	F						
<b>Address</b>								<b>Postcode</b>							
D.O.B. / /		<b>Wetherby 10k - Local Cup Entry:</b> Y / N Wetherby Postcode. residents LS22 6 & LS22 7 only.			<b>Contact Phone No</b>			<b>Fees: Wetherby 10k</b> £13 Attached £15 Unattached <b>Yorkshire Gold 5K</b> £10 Attached £12 Unattached							
Age on race day	UKA Club name			UKA Membership No											
Men	U20	Open	O40	O45	O50	O60	O70	Women	U20	Open	O35	O40	O45	O55	O65
<b>Official Use Box</b>		ADDITIONAL VOLUNTARY DONATION AMOUNT			Signed by all entrants or Parent/guardian for under 18 years										

Encashment of your entry cheque confirms your race entry.