

Race run under UKA Rules – Permit No 2014 10340



The Wetherby Run – 10k

‘A Cracking ‘little’ Yorkshire run’
Sunday 31st August 2014 at 2pm.

A generally flat 10 km (club measured) course on road and bridleway trails.

Also – The Wetherby Mini Marathon - Family Fun Run (1.6 miles)

An event hosted by **Wetherby Runners A.C.**

With support of

FILMORE & UNION

A Chip Timed Event

Timing by ‘Sport Systems.co.uk’

Supporting the clubs nominated charity of the year



friends of
**ALFIE
MARTIN**

Registered Charity No 1140212

<http://www.thefriendsofalfiemartin.co.uk/>

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

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

Awards to all finishers.

Entry Fee: £13.00 UKA club member- £15.00 un-attached runner

Last Postal entry to be received by 21st August 2014.

Enter on line at <http://bookitzone.com/>



Keep up to date on Facebook at www.facebook.com/Wetherby10k

With thanks to Swift Research Ltd, Ford Dealership - Lawtons of Tadcaster & Platinum Print



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

Cash Prize First Under 20yrs Male & Female

One prize per athlete except team prizes

1st & 2nd Team Prizes (3 to count). Sponsored by Wetherby Osteopaths.

Also 'The Gray Cup' awarded to the 1st 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 chip timing by Sport Systems.co.uk .



BARR Ref:607



Lawtons of Tadcaster

Race Number Sponsor

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, Low Brae, Linton Hills Road, Linton, Wetherby, LS22 4HQ

The Small Print.

- 10 k competitors must be 15 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 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 distance 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 unforeseen 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 12.45pm. 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 2nd Class STAMP) Entries on the day subject to race limit (1000). If these become available notification & Instructions will be given on the race web site no earlier than 24-08-14.

I wish to enter 'The Wetherby Run 2014'. 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.

Please sign below.

Title	First Name	Surname										M	F		
Address											Postcode				
.....														
D.O.B.		Local Cup Entry: Y / N					Contact Phone No					Fees: £13 Attached			
/ /		Wetherby Postcode. residents LS22 6 & LS22 7 only.										£15 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
Official Use Box					ADDITIONAL VOLUNTARY DONATION AMOUNT					Signed by all entrants or Parent/guardian for under 18 years					

Encashment of your entry cheque confirms your race entry.