

City of York AC &
 York Acorn RC present
 on Tuesday 11th August
 Under UKA rules – permit



York Millennium Bridge 5k (2.5k race and 1m fun run)



Course: From St Georges Field car park (near York Castle), flat, fast and attractive. Please note there are toilets, but no changing facilities.

1 mile fun run: Starts 6.50pm. Entry £1, entries on the night only.

2.5k: Starts 7pm. Minimum age 11 on race day (no upper limit). Prizes for Under 13's and Under 15's – ages at 31st August 2007.

5k: 2 races, 1st for junior/senior/vet men up to age 59 and junior/senior/vet women up to age 54. Start 7.20 Minimum age on race day 15
 2nd race for women aged 55 and over and men 60 and over plus other runners expecting to take longer than 24 mins. Start 7.35 Minimum age 15 on race day.

Course certified accurate: Certificate No. 03/052

Prizes for Under 17's, Under 20's, seniors and veterans. Mens and womens team prize, 3 to count. £50 bonus for course record (men 14m 46s, women 17m 24s)

Further info & results via www.athleticsyork.org.uk
 Entries on day £1 extra, if race limit not reached.

York Millennium Bridge Races - Entry Form

<input checked="" type="checkbox"/> 2.5k	<input type="checkbox"/> 5k			Male		Female	
Name							
Address							
Postcode		Telephone No					
Club		Age		Date of Birth			
Email							

Entry fees 2.5k race - £2; 5k race, £5 or £7 if not a club member

Total enclosed £_____ Cheques payable to York Acorn RC.

Pre-entries close 7th August. Please enclose SAE for number and race information.

Entries to: D Howell, 10 Maple Grove, York, YO10 4EH

Email contact: dhedge@talktalk.net

Please tick the box if you wish to receive events and promotional details held at Sweatshop York. Your details will not be provided to any other organisation or used for any other purpose.

I declare that I am an amateur 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)