



The Famous Worcestershire Beacon Race 2019

UKA Licence: 2019-36742

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iapetus gallery - Malvern

Saturday 12th October

Start - **3.00pm** at Rose Bank Gardens

Legendary unique prizes - Finishers memento

An all-terrain race over the Malvern Hills – a tough event affording spectacular views!

Not for the faint-hearted and definitely not a fun run!

Runners limited to 300 - **Minimum age 16 years**

Registration, toilets, refreshments, etc. at Race H.Q. – Lyttleton Well, Church St. Malvern

UKA Affiliate members - £12 - £14 on the day

Unattached - £14 - £16 on the day

Entries on the day up to **2.15 pm**, and collection of running numbers from

Lyttleton Well, 6 Church St. Malvern, WR14 2AY

Please make cheques payable to Worcester A.C. and send entry form to:

Beacon Entries, D. Waldron, 32 Russell Close, Powick, Worcester WR2 4QE - Tel. 01905 831481

On-line entry available at www.worcester-ac.co.uk

Cut Here
Please write clearly in capitals! 2019

First name: Surname: male/female.....

UKA affiliated club: DOB...../...../.....

Registration No: Age(race day)

Address.....

..... Postcode.....

E-mail..... Contact Tel:

DECLARATION I understand that I run in this endurance event at my own risk and that the organisers and their volunteers will in no way be held responsible for injury, illness, accident or damage sustained or occurred by me as a consequence of my participation in the above event.

I agree to abide by the rules of UK Athletics (available online) and the instructions of the race organisers and their representatives.

I understand my personal data will be passed to UKA for compiling race statistics.

For the safety of runners and other users of the Malvern Hills - the use of MP3 devices/earphones at this event are not permitted.

Signature.....

Fee enclosed.....

Parent/Guardian signature required for entrants below 18 years of age

Please circle your category.

Male	senior	M40 - 49	M 50 - 59	M 60 - 69	M70+
Female	senior	F 35 - 44	F45 - 54	F 55 - 64	F 65+

Event Information for the 64th running of the “BEACON RACE”

The race is approximately 7 miles and utilizes tracks and paths on the Malvern Hills; climbing to the highest point at 1395ft. the course provides magnificent views (weather permitting) over Worcestershire, Gloucestershire, Shropshire and Wales. The route is very demanding with some steep ascents and descents over varying, and unstable surfaces. Please ensure you are fit and able to compete in this type of event – **this is not a fun run.** The event is run under UK Athletics rules – available online.

Race Headquarters – Lyttleton Well, 6 Church St. Malvern, WR14 2AY

Parking – There are a number of fee payable car parks close to the town centre in Priory Road, Victoria Road, Grange Road and Edith Walk. In addition, there are numerous opportunities in the same vicinity for on-street parking. **There is no parking at the start.**

Getting to Malvern – Allow plenty of time when traveling from Worcester to Malvern as the road can be congested.

Directions to the Race HQ - At the crossroad traffic lights in the centre of Great Malvern go uphill; **Lyttleton Well** is on the left hand side of Church St. adjacent to the entrance of the Priory.

Directions to the start - Walking time from Race HQ to the start is approximately 2/3 minutes. Follow the event arrows uphill from Race HQ; fork left past the Post Office. You will meet the main road (Wells Road, A449) running through the top of the town and will see the start on the far side in Rose Bank Gardens. Take care crossing this busy main road.

Shoes - Good grip, multi-terrain (not studs) is normal. Surface varies between tarmac, loose gravel paths, and turf.

Clothing - We have been blessed over the years with very good weather and most runners will be happy with normal race kit (vest and shorts), please be prepared however for inclement weather. Hill air temperatures will be several degrees below those in the valley (+ wind chill).

Race numbers - All race numbers **must be collected** from Race HQ on race day. They must be pinned to the front of your vest and not mutilated or folded.

Water - We provide water in cups at West Malvern, and at the finish.

Toilets – Public Toilets are located in Grange Road, The Malvern Theatres complex and at the top of Edith Walk (close to its junction with Worcester Road).

Refreshments – Home-made cakes and tea/coffee will be available at Race HQ.

Prizes – Prize-giving will commence from 4.45pm at Race HQ.

MP3 players – For safety - by entering this event you agree not to use MP3 players/earphones.

Course Record: **A. Gardner 41:35 Stroud A.C. 2001**

Entry forms, on-line registration and latest race information can be found at www.worcester-ac.co.uk

