

Course Records:

2003 Matt Vaux-Harvey 30.54

2008 Winifrida Kwamboka 34.38



Promoted by WORCESTER ATHLETIC CLUB

under UKA Rules - Licence 2019-35845 Measurement Certificate 18/131



# 24<sup>th</sup> WORCESTER PITCHCROFT 10K

## SUNDAY 26<sup>th</sup> MAY 2019

Start 11.00am and finish at the Grandstand, Worcester Racecourse

A fast, flat, three lap 10 kilometre traffic free course run on the perimeter tracks and footpaths

Unique commemorative medal to all finishers - **NEW PRIZE LIST** (see over)

**Early Bird Entry – available until 31/03/19 - affiliated £10, unattached £12**

Entry: **Age 15+ on race day** – affiliated runners £12 - unattached £14 (All £2 extra on the day)

Entry limit: 300 - closing date 19/5/18 (or when limit reached)

**ENTRY ONLINE – follow the link at [www.worcester-ac.co.uk](http://www.worcester-ac.co.uk)**

### + 2.75K FUN RUN AT 10.30AM. = £5 acorns

*All proceeds from the Fun Run will be donated to ACORNS CHILDREN'S HOSPICE*

1 lap off-road course - All abilities welcome - Medal to all finishers – Place and times recorded

Trophy to first male and female (under 18) Entrants under 11 must be accompanied by an adult

Cheques payable to Worcester Athletic Club - Return to: Race Organiser, 32 Northfield Street, Worcester, WR1 1NS. 01905 28395



First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Tick as required

Male  Female  Age \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ 10K  Fun Run  Fee enclosed £ \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Email \_\_\_\_\_ Contact Tel. \_\_\_\_\_

Registration No. \_\_\_\_\_ Affiliated Club \_\_\_\_\_

*I understand that I run in an **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 events. 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 race data will be passed to UKA for compiling statistics and Power of 10.*

*I agree not to use or wear MP3 devices/earphones at this event.*

Signed \_\_\_\_\_ Date \_\_\_\_\_ Official use \_\_\_\_\_

NB. Parent/Guardians signature required for entrants below 18 years of age.

Check the Worcester AC website for confirmation of entry. Race numbers to be collected on race day. PTO for event information

## RACE DAY INFORMATION

## WORCESTER PITCHCROFT 10K Sunday 26<sup>th</sup> May 2019

**PARKING** – Please use only the centre course car park (**free – 2.1m height restriction**) accessed from Severn Terrace (WR1 3EH). The car park will be open and stewarded from 9am but please note that **the gates will be locked at 1pm strictly**.

**REGISTRATION** – Collection of **pre-entry** race numbers is from a dedicated desk in the Grandstand concourse. Please note that numbers **MUST** be worn pinned to the **front** of the vest **only**; they must not be folded or mutilated in any way.

**You must complete the medical information on the reverse side of the number.**

An “on-the-day” registration desk for the FUN RUN and 10K (numbers permitting - 300 limit) will also be located on the concourse. Please complete an entry form and present to the race crew.

**TOILETS** - Male and female toilets are located in the centre course building opposite the Grandstand (no disabled access). Public and disabled toilets and baby-changing facilities (all 20p.) are also located 200 metres south on Grandstand Road.

**CHANGING/BAGGAGE** – Sorry, we are unable to offer changing or baggage storage at this event.

**START** – The start time is 11.00am at the far end of the paddock (short walk). We always however, wait for the last fun runner to finish!

**COURSE** – The course utilises the racecourse perimeter surfaced tracks and paths, the route is traffic free and holds a measurement certificate and UKA race licence. The race is run over 3 laps.  
Kilometre markers are placed at 1, 5 and 9K The event is very spectator friendly.

**AUDIO/MP3 EARPHONES** - For reasons of safety we do not permit the wearing of earphones - you may not hear our marshals' instructions or runners and other park users approaching from behind. **Competitors who ignore this request may have their finishing position deleted from the official results.**

**DRINKS** - We supply water only. Water (unlimited) is available in cups on laps 1 and 2 and at the finish.

**WHEELED CARRIAGES/FANCY DRESS/DOGS** – **In the 10K** – dogs, push chairs, prams and large structured fancy dress are **not permitted**.

**DISABLED COMPETITORS** - We welcome disabled competitors at this event. *Please contact the organiser before entering to discuss requirements and course detail.*

**REFRESHMENTS** – Hot and cold beverages and light snacks will be available from our barista style vendor – **Cafe2U**

**RESULTS** - Will be displayed at the Race HQ as soon as possible after the race, and on the club website.

We aim to award prizes at 12.15 approximately.

**10K PRIZES** – Engraved trophies and prizes will be awarded in the following categories:

**Male** 1<sup>st</sup> – 2<sup>nd</sup> – 3<sup>rd</sup>

**Female** 1<sup>st</sup> – 2<sup>nd</sup> – 3<sup>rd</sup>

MV40 1<sup>st</sup> - 2<sup>nd</sup> MV50 1<sup>st</sup> – 2<sup>nd</sup> MV60 1<sup>st</sup> MV70 1<sup>st</sup>

FV35 1<sup>st</sup> – 2<sup>nd</sup> FV45 1<sup>st</sup> -2<sup>nd</sup> FV55 1<sup>st</sup> FV65 1<sup>st</sup>

1<sup>st</sup> Male Team (UKA affiliated only) 3 to count

1<sup>st</sup> Female Team (UKA affiliated only) 3 to count

The first 3 place prizes will be awarded irrespective of age groups i.e. if the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> placed runner is a veteran, then the next runner in that category will be placed 1<sup>st</sup> Veteran, and so on. One prize per competitor, unless part of a winning team.

**FUN RUN Awards** 1<sup>st</sup> Male (under 18) and 1<sup>st</sup> Female (under 18)