# 28 ${ }^{\text {th }}$ WORCISSTER 2024 PITCHGROFT 10Xm Wednesday $17^{\text {th }}$ July 

Start 7.30pm and finish at the Grandstand, Worcester Racecourse PB FAST - FLAT - SPECTATOR FRIENDLY - TRAFFIC FREE - FINISHERS MEDAL - FREE RUNNER PHOTOGRAPHS Entry: Age 15+ on race day - affiliated runners $£ 14$ - unattached $£ 16$ Entry limit: 250 - closing date 14/07/24 (or when limit reached) ENTRY ONLINE - follow the link at www.worcester-ac.co.uk

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## 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. 0190528395
First Name $\qquad$ Last Name
Tick as required
Male* $\square$ F Female* $\square$ Age $\qquad$ DOB $\quad \ldots \quad$ ___ ${ }^{10 K} \square$ Fun Run Fee enclosed $£$ $\qquad$
Address $\qquad$ Predicted time $\qquad$
Postcode
Email $\qquad$ Contact Tel. $\qquad$
EA Registration No. $\qquad$ Affiliated Club $\qquad$ 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 $\qquad$ Date $\qquad$ Official use $\qquad$
NB. Parent/Guardians signature required for entrants under 18 years of age.
*at birth
Check the Worcester AC website for confirmation of entry. Bib numbers to be collected on race day. PTO for event information

It has become necessary to move this race from its traditional weekend date and time, and now hold it as an evening midweek event. We hope you will continue to support this local race for the benefit of the local running and athletic community. Thank you.

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 6 pm but please note that the gates will be locked at 9.30pm 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. THERE IS NO ENTRY ON THE DAY. You must complete the medical information on the reverse side of the number.

TOILETS - Male and female Portatoilets are located in the centre course 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 $\mathbf{7 . 3 0} \mathbf{p m}$ at the far end of the paddock (short walk). We wait for the final 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 halfway (5K)

AUDIO/MP3 EARPHONES - For reasons of safety we do not permit the wearing of earphones - you may not hear our marshals' instructions, or other runners and 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 is available in open containers on lap 2 and at the finish. Please place used cups in marked bins.

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.
RESULTS - Hand timed - Will be displayed on the club website. We aim to award prizes at 8.45 pm approximately.
10K AWARDS - Trophies will be awarded to the first 3 men and first 3 women.
Prizes will also be given in the following masters categories plus $1^{\text {st }} \mathrm{U} 20$ male and female.
M40 $1^{\text {st }}$ M50 $1^{\text {st }}$ M60 $1^{\text {st }}$ M70 $+1^{\text {st }} \quad$ F35 $1^{\text {st }}$ F45 $1^{\text {st }}$ F55 $1^{\text {st }}$ F65 $+1^{\text {st }}$
A Team prize will be awarded to the first affiliated club to close 3 runners (male or female).
The first 3 place prizes will be awarded irrespective of age groups i.e. if the $1^{\text {st }}, 2^{\text {nd }}, 3^{\text {rd }}$ placed runner is a veteran, then the next runner in that category will be placed $1^{\text {st }}$ Veteran, and so on. One prize per competitor (excepting team).

FUN RUN Awards $1^{\text {st }}$ Male (under 18) and $1^{\text {st }}$ Female (under 18)

