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Measurement Certificate **23/274**
under UKA Rules - Licence 2025 - **29001**



Course Records: **Matt Vaux-Harvey - 30.54 2003** **Winifrida Kwamboka - 34.38 2008**

Online entry only at: <https://data.opentrack.run/en-gb/x/2025/GBR/pc10k/>

RACE INFORMATION

29th WORCESTER PITCHCROFT 10K & ACORNS RUN
Incorporating Worcestershire County 10K Championships

Wednesday 16th July 2025

Start **7.30pm** and finish at the Grandstand, Worcester Racecourse

PB FAST - FLAT - SPECTATOR FRIENDLY - TRAFFIC FREE - FINISHERS MEDAL - FREE PARKING

FREE RUNNER PHOTOGRAPHS – Barista style REFRESHMENTS

Entry: **Age 15+** on race day – affiliated runners **£14** - unattached **£16** Entry limit: 250 - closing date **13/07/25**
(or when limit reached)

ACORNS RUN at 7.00pm - £5

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

1 lap traffic free course - All abilities welcome - Medal to all finishers. Start **7.00pm** - £5

ABOUT THE RACE Now in the 29th year the Worcester Pitchcroft 10K and Acorns fun run was started by Worcester Athletic Club members from the “ashes” of their carnival races that were run around the city centre. They reformed on Pitchcroft Racecourse as a 10 kilometres race (part of the Inter-City Games held at that time). The race was initially held during carnival week and then at several different times of the year depending on Horse Race Days; the race in July 2007 was cancelled due to unseasonal flooding! We have recently moved the event to a mid-week evening race due to the escalating costs of hiring the venue and facilities.

We take pride in hosting this event by runners, for runners, of all abilities. Every finisher receives a unique medal and an accurate hand-timed place – the course is measured and certified by the AUKCM association and licensed by England Athletics.

We hope that you will take advantage of this low-cost event which is amongst the cheapest 10K races you will find in the region, and substantially cheaper than local city centre races. All proceeds from the ACORNS RUN go directly to Acorns Children's Hospice and any profit from the 10K supports your local athletic club with track hire, providing training and competition for athletes from across the district.

The event is fully self-supporting; we incur considerable costs for venue, toilet and medical provision, together with water, medal and trophies costs.

Once again, the 2025 event has been selected to host the **Worcestershire County 10k Road Championships**.



PARKING Parking is only available in the centre course car park accessed from Severn Terrace (WR1 3EH). Parking is free but there is a 2.1m height restriction. The car park will be open and stewarded from 6.00pm but please note that the gates will be locked at 9.30pm strictly. Park as directed by our stewards and please exercise caution if you arrive later than 7.00pm when our ACORNS RUN starts!

REGISTRATION Please collect pre-entry race numbers from a dedicated desk situated in our yellow club tent on the Grandstand concourse. ACORNS RUN entrants only may purchase places on the day here (£5), but please arrive in plenty of time to get sorted, and return to the toilets and start, adjacent to the car park (minute walk)! Please note that numbers MUST be worn pinned (4 points) to the front of the vest only; they must not be folded or mutilated in any way – we understand that other sports do things differently, but this event requires us to be able to see your number clearly at all times. After collecting your bib please complete the medical information on the reverse side. We operate collection of numbers on the day because there is a low entry limit which allows us an accurate count of those attending. Our volunteer staff will also answer any questions here.

We will not accept entries for the 10K on the day.

TOILETS Male and female Porta-toilets are located in the centre course opposite the Grandstand (no disabled access) and adjacent to the car park. Public and disabled toilets and baby-changing facilities (all 20p.) are also located 200 metres south on Grandstand Road. Please be aware that they will be in great demand immediately prior to each run – even though the number available is more than recommended!

CHANGING/BAGGAGE Unfortunately we are unable to offer changing or baggage storage at this event. The majority of runners arrive by vehicle however and the parking is only a minute from the Grandstand.

START The start time for the ACORNS RUN is 7.00pm and situated by the ‘skating rink’ centre course. The start is signed and flagged and marked with a line on the ground. Entrants will be briefed before the start which is indicated by a horn. The PITCHCROFT 10K starts at 7.30pm at the far north end of the paddock (short walk). Please exercise care when going to the start as fun runners may still be finishing along this route. Assemble well back from the line and clear of fun runners (we wait for the final fun runner to finish). A race briefing will precede call up to the line and you will be started on a horn.

COURSE The course utilises the racecourse perimeter surfaced tracks and paths; the route is traffic free. ACORNS RUN runners start in the centre course and run anti-clockwise for approximately 2.75 kilometres and finish adjacent to the Grandstand. The PITCHCROFT 10K holds a measurement certificate and England Athletics race licence. The race is run over 3 anti-clockwise laps finishing on the concourse. Kilometre markers are placed at halfway (5K) only, to avoid confusion. Please note that Pitchcroft Racecourse is a public open space for the citizens of Worcester who have access to the paths and spaces the race will share.

AUDIO/MP3 EARPHONES For reasons of safety we do not permit the wearing of earphones (including bone) as you may not hear our marshals’ instructions, or other runners and park users approaching from behind. This is common practice even on closed roads and we hope you take the opportunity to engage with your fellow competitors. *Competitors who ignore this request may risk have their finishing position deleted from the official results.*

DRINKS We supply water only. Water is available in open containers on lap 2 and 3 and at the finish. You may take as much water as you wish when on the course. We advise that all runners are fully hydrated on the day and you may also take water in cups prior to the race starting. In line with our commitment to keep our event impact low, we use degradable bio cups during the race, and supply 330ml cans of water at the finish. Please place the used cups/cans in the marked bins for recycling or take them home for your local systems.

WASTE We endeavour to keep this events’ environmental impact as low as possible: we source local suppliers for services, reduce plastic use, and use recyclable one-use products. Apart from the UK

produced medals and prizes, your entry fee stays in the local economy – we offer no goodies or extras that end up in a bin - just a low-priced runners club run!

WHEELED CARRIAGES/FANCY DRESS/DOGS PITCHCROFT 10K as the course width fluctuates with some narrow sections, and the 3 laps where lapping of runners may take place, we cannot allow dogs, push chairs, prams and large structured fancy dress to be part of this race. They are welcome within the ACORNS RUN only but please give course priority to those who may wish to be competitive.

DISABLED COMPETITORS We welcome disabled competitors at this event. Please contact the race organiser before entering so that we can discuss your requirements and the course detail. Guided runners will be allowed a free entry for their guides (not eligible for prizes unless full paid entry).

REFRESHMENTS We have a barista style vendor on site prior to, during and after the event offering hot and cold beverages and light snacks - useful for those runners who have to come straight from the workplace!

RESULTS Our results are compiled on the day from timings and places recorded by England Athletics qualified officials (to the next second) in accordance with UKA Rules. A complete set of results will be published on our club website www.worcester-ac.co.uk that evening or next day, and also submitted to Power of 10. Chip-timing – whilst we recognise that the majority of races use chip-timing it is not a service we can currently offer due to the high cost of other event requirements.

10K AWARDS All finishers will receive a unique medal to commemorate their participation and finish. Although not 'flash/large/gaudy' we award a medal that is unique to the event and produced in the UK. Further Trophies and prizes will be awarded to the first 3 men and first 3 women. Prizes will also be given in the following masters categories plus 1st U20 male and female.

M40 1st M50 1st M60 1st M70+ 1st F35 1st F45 1st F55 1st F65+ 1st 1st
Male and 1st Female team (affiliated clubs only - 3 runners to close)

The first 3 place prizes will be awarded irrespective of age groups i.e. if the 1st, 2nd, 3rd placed runner is a veteran, then the next runner in that category will be placed 1st Veteran, and so on.

One prize per competitor (excepting team). We will aim to award prizes at 8.45pm approximately.

FUN RUN AWARDS All finishers will receive a unique medal to commemorate their participation and finish. In addition, the 1st Male (under 18) and 1st Female (under 18) will receive a Trophy, presented when they cross the line.

WORCESTERSHIRE COUNTY 10K ROAD CHAMPIONSHIPS As in previous years we are honoured to be hosting the County 10K Championships by Worcestershire Athletic Association. Eligibility for these is stated below but it is available to all those runners who have entered the Worcester Pitchcroft 10K. Entry into the Championships requires a positive request - if you qualify and wish to enter please ensure you tick the box on the entry form (paper only) and complete a Google form here: <https://forms.gle/DSNsmrJkSCNJ1dqK8>
A representative from the County AA will compile results and present individual, masters and team County Medals on the evening, so please stay for the prizegiving.

[County Championships Eligibility](#)

UKA Rule 21 S6 - (a) By birth in the County. (b) 9 months continuous residence in the County prior to competition. (c) By 9 months service in a unit of HM Forces stationed in the County. [Worcestershire is defined by the pre-1974 boundary and includes parts of Birmingham.

Rules Only first claim athletes can score in team competition. Only Clubs affiliated to Worcestershire County are eligible for team awards. Official Club colours must be worn - UKA Rules 143 S1 (advertising) (clothing) and 143 S2 (numbers) apply.

ONLINE ENTRY TO WORCESTER PITCHCROFT 10K & ACORNS RUN at: <https://data.opentrack.run/en-gb/x/2025/GBR/pc10k/>