

Course Records:

2003 Matt Vaux-Harvey 30.54

2008 Winifrida Kwamboka 34.38



Promoted by WORCESTER ATHLETIC CLUB

under UKA Rules - Licence 2016-23201

Measurement Certificate No.08/307

21st WORCESTER PITCHCROFT 10K



Incorporating the Worcestershire County Championships

SUNDAY 26th JUNE 2016

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 - **PRIZE LIST** (see over)

Entry: Age 15+ on race day – affiliated runners £10 - unattached £12 (All £2 extra on the day)

Entry limit: 300 - closing date 17/6/16 (or when limit reached)

ENTRY ONLINE – follow the link at 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 - Certificate 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 _____

Tick for County Championship. Qualification is by birth or residency (see over) WAAA County Champs

*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 personal data will be passed to UKA for compiling race statistics.*

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

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 26th June 2016

PARKING – Please use only the centre course car park (free) 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 (all 20p.) and baby-changing are also located 200 metres south on Grandstand Road - in the Café Severn refreshment kiosk.

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 will however, always 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; to avoid confusion we do not place kilometre markers. The event is very spectator friendly.

AUDIO/MP3 EARPHONES - For reasons of safety and in line with the majority of road races 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 in bottles 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.

RESULTS - Will be displayed at the Registration Desk as soon as possible after the race and on the club website.

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

Male 1st – 2nd – 3rd – 4th

Female 1st – 2nd – 3rd – 4th

MV40 1st - 2nd MV50 1st – 2nd MV60 1st

FV35 1st – 2nd FV45 1st - 2nd FV55 1st

1st Male Team (UKA affiliated only) 3 to count

1st Female Team (UKA affiliated only) 3 to count

The first 4 place prizes will be awarded irrespective of age groups i.e. if the 1st, 2nd, 3rd or 4th placed runner is a veteran, then the next runner in that category will be placed 1st Veteran, and so on. One prize per competitor, unless part of a winning team.

FUN RUN Awards 1st Male (under 18) and 1st Female (under 18)

WAAA COUNTY 10K Road Championships Entry is governed by UKA Rules of Competition: Rule 8

(2a) By birth. (2b) By nine months continuous bona fide residence in the County immediately prior to the competition. (2c) By service in a Unit of HM Forces stationed in the County for nine months immediately prior to the date of the competition.