

Race run under UKA Rule Permit No 2013 105347

The Wetherby 10K



# The Wetherby Run

'A Cracking 'little' Yorkshire run'

## The Wetherby 10 km Race

Sunday 8<sup>th</sup> September 2013 at 2pm.

A generally flat 10 km (club measured) course on road and bridleway trails.

Also – Family Fun Run (1.8miles)

Incorporating a race in the '*Leeds Race Series*' and '*Leeds Junior Race Series*'

An event hosted by **Wetherby Runners A.C.**

**Race Limit - 1000 runners**

**A Chip Timed Event**

Timing by 'Sport Systems.co.uk'

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

Contact Clara White of Macmillan Cancer Care  
(07809 554960) for Runners Pack & Information  
about raising sponsorship at  
[www.macmillan.org.uk/Fundraising](http://www.macmillan.org.uk/Fundraising) or  
e-mail: [running@macmillan.org.uk](mailto:running@macmillan.org.uk)



Substantial cash prizes for first male and first female winners under 31min.45 sec & 35 min. 30 sec. respectively.

**Starting and finishing at Wetherby Racecourse, off York Road, Wetherby. LS22 5EJ.**

**Awards to all finishers.**

**Entry Fee: £12.00 UKA club member- £14.00 un-attached runner**

Last Postal entry to be received by 31st August 2013.

Enter on line at <http://www.ukforms.net/onlineforms/php/Applicant.php?EventID=2150>



Keep up to date on Facebook at [www.facebook.com/Wetherby10k](http://www.facebook.com/Wetherby10k)





**Cash prizes in all Veteran & Open categories**

Men Open over 40 over 45 over 50 over 60  
 Women Open over 35 over 40 over 45 over 55

**Cash Prize First Under 20yrs Male & Female**

One prize per athlete except team prizes

1<sup>st</sup> & 2<sup>nd</sup> Team Prizes (3 to count). Sponsored by Wetherby Osteopaths.

Also 'The Gray Cup' awarded to the 1<sup>st</sup> local runner.

Prizes awarded based on 'Gun to Mat' times, not 'Mat to Mat' finishing times.

**If a veteran wins an open prize this frees up an extra veterans prize**

**Race chip timing by Sport Systems.co.uk .**

**Wetherby 10k - Corporate Challenge.**

**Enter the 10k and also encourage work colleagues to join in too.**



**BARR Ref:607**

On the entry form enter your Company Name: ( ie'Harts Jewellers' )

Enter your Team Name : (ie Hearts of Gold)

Nominate a Team Captain and give : their contact Phone Number:

For teams of three runners. Either: All male, All Female or Mixed.

Club Runners and Unattached Runners are eligible for the corporate challenge – no extra cost.

See Wetherby Runners Web Site for full details and conditions.

**Wetherby 10k – The Gray Cup . First Local Runner.**

To be eligible for this annually awarded cup the runner must be resident in the Wetherby postcode areas of either LS22 6 or LS22 7

Club Runners and Unattached Runners are eligible for the Gray Cup - no extra cost.

**Race Entry**

Race cheques should be sent with entry form and made payable to: 'Wetherby Runners A.C.'

Also include a 240mmx165mm stamped self addressed envelope (A5 sized) Send to:

**Entry Secretary, Low Brae, Linton Hills Road, Linton, Wetherby, LS22 4HQ**

The Small Print.

1. 10 k competitors must be 15 years of age or over on the day of the race.
2. Due to the nature of the course we are unable to accept entries from wheelchair athletes.
3. No accompanying dogs or cyclists allowed. Runners are reminded to adhere to the 'Country Code' on off-road sections.
4. Results will be posted on club website www.wetherbyrunnersac.co.uk within 48 hrs of the finish.
5. Please contact Entry Secretary if you need to change runner details later. (Don't run using someone else's number)
6. In accordance with UKA Personal Safety Recommendation. The use of I-pods or MP3 players is not permitted. ( Infringement = No results published)
7. Fun Run (1.8 miles approx) start at 12.45pm. At £3.50. Only a limited number of entries are available on the day. There is no minimum age for fun runners but under 7's must run with a fee paying adult. Prizes awarded to first 5 runners aged 15 years or under. All finishers are medal winners.
8. The course distance has been measured by surveyors wheel. Trail races are not permitted for accurate distance certification if greater than 10% off road. There is a 1.2km section of hard packed gravel therefore 'The Association of UK Course Measurers' cannot certify the 10km distance.
9. Unfortunately should, for unforeseen circumstances the races be unable to proceed there will be NO REFUND of entry fee, booking fee nor will free gift items be available.

**Please use On-Line Entry System as first preference**

Of course you may enter by using this entry form .

Race numbers and information booklet will be posted to you 4 weeks before race.

Have you included? 1. Entry form - 2 . Entry fee - 3. Your A5 size stamped self addressed envelope (240mm x 165mm and a 2<sup>nd</sup> Class STAMP)

We do not intend to have Entries on the day. If these become available notification & Instructions will be given on the race web site no earlier than 31-08-13.

I wish to enter 'The Wetherby Run 2013 '. I declare that I am an amateur as defined by UKA rules. I certify that I am medically fit to run the 10Km race. I agree that the organisers will in no way be held responsible for any injury or illness incurred to my person during or as a result of the event. Your Details are protected by The Data Protection Act.

**Please sign below.**

Title	First Name	Surname										M	F						
Address											Postcode								
.....											.....								
D.O.B. / /											Local Cup Entry: Y / N Wetherby Postcode. residents LS22 6 & LS22 7 only.			Contact Phone No			Fees: £12 Attached £14 Unattached £3.50 Fun Run		
Age on race day		UKA Club name				Membership No													
Men	U20	Open	O40	O45	O50	O60		Women	U20	Open	O35	O40	O45	O55					
10k	Fun Run	Signed by all entrants or Parent/guardian for under 18 years																	
Tick	Tick																		
For Corporate Challenge:		Company Name					Team Name												

Three runners per team

Encashment of your entry cheque confirms your race entry.