

# York Millennium Bridge Races, Wednesday 10<sup>th</sup> August 2016

Thank you for your race entry.

A list of entries is on [www.yorkacornrunningclub.org.uk](http://www.yorkacornrunningclub.org.uk) – Millennium Bridge Please check that your entry is correct, particularly the age category – Under 13, 15, 17, 20 is age on 31 Aug 2015.

There is also a course map on the site.

If there is an error contact [coyacevent@hotmail.co.uk](mailto:coyacevent@hotmail.co.uk) or ring 01937 581165. Please pin your number using 4 pins at the corners. Badly pinned numbers flap and hide themselves from the recorders as you approach.

Both 5K races are now Full. We will take substitutions if you email. These can be for the “other” race.

If you are likely to take more than 22 minutes, please go in to the slower race (let me know by email) – you will have a more enjoyable run there. But there will be faster than 22m runners (Men Over 60, Women Over 50, and some Under 13s) in the second / slower race. I imagine it will be won in 19 or 20 minutes.

Late entries There will be no 5K entries on the night. There will be entries for the 2.5K and 1K primary run.

Numbers - Please collect your running number on the night

## Flooding

Note that the course can be subject to flooding, so if in any doubt whether the race will go ahead please check the website above for information. Also [www.davepaver.co.uk](http://www.davepaver.co.uk)

## Parking

Please park in the St Georges Field Car Park – if you are not a York resident it costs £2 after 6pm.

The race HQ is by the river next to Skeldergate bridge. All races except the fun run start on the other side of the River – there are steps onto the Bridge, then down at the other side.

## Toilets

The toilets are as last year. They will be free to use from 5.45pm to 9.15pm

Please use the toilets, not the unofficial bushes! We want to be allowed back next year.

Refreshments We hope there will be refreshments at the cafe near the finish.

## Fun Run

The fun run starts at 6.50. Entries cost £1 and are only taken on the night. Entrants should be at the race HQ for 6.40 from where they will walk to the start. It is mainly for Primary School children, though adults are welcome. The winning time is around 6 minutes, to give you an idea of the distance. Adults running with a child do not need a number, but drop out under the bridge, do not go to the finish.

## 2.5km and 5km Races

The 2.5K is at 7.00, and the 5K's are at 7.20 and 7.40. We need two 5K races because the route includes 2 laps of Rowntree Park, and there is otherwise a problem with lapping where the paths are narrow.

The 2.5K starts on the other side of the River, under the bridge.

The 5K starts in the same place as 2015. The other side of the River, but 200m up the road.

No race goes under the Millennium Bridge. The finish for all races still needs you to keep running under Skeldergate Bridge.

In the 7.20 race – Men Under 60, Ladies Under 50 who expect to run under 22 minutes

(If you can do Under 46 minutes for 10K you will be in this category).

The Under 15, 17, 20 Male prizes will be taken from this race. There is NO prize for Under 13s.

In the 7.40 race – all Men Over 60 and Ladies Over 50 for prize consideration (even though I know some will be faster than 22 mins), and younger runners expecting to take more than 22 minutes. If you are slower than 22 minutes, please go in this race, it will avoid lapping on the narrow paths in Rowntree Park.

The Under 15 and Under 17 Female prize will be taken from this race.

Under 13s should go in the 7.40 race, even if faster than 22 minutes.

An Under 13 will have just finished School Year 7 or 8. An Under 15 will have just finished Year 9 or 10.

Your 5K race number is “valid” for either 5K race, so if you do want to change from the race you declared on your entry form, that is fine.

***Please remember – no dogs and no ipods in the race.***

Prizes – First 3 overall and first in each vet category M40 to M70, F35 to F60.

But if, for example, the second Over 45 beats the first Over 40, the Over 45 will take the Over 40 prize.

And if the second Under 17 beats the first Under 20, the Under 17 will take the prize.

The Over 35, 40, 45 Female prizes will be taken from the first race, as stated on the Entry Form. Though there is only one from each age group in that race. Should the one not run, or be in the First 3 Ladies prizes, the Age Group prize will pass into the second race.

1<sup>st</sup> mens and womens teams 3 to count in the ‘Fast Race’. Must wear club vest.

£50 bonus for a new course record. Current records men 14m 46s, women 16m 50s

Full results will be on [www.yorkacornrunningclub.org.uk](http://www.yorkacornrunningclub.org.uk)

The site also has previous results, the Top 50 All Time lists, and the Age Group records.

#### ADVERTS

Wed 17 August, Sicklinghall (near Wetherby) Trail Run, 5.2 miles, scenic, not tough, nice country pub.

Time trial, you can start any time 6.30pm to 7.30pm. Details soon (not there at moment)

<http://www.countrytrailraces.co.uk/yorkshire-evening-trail-series>

Saturday 3 September – York Open Track & Field Meeting. For all ages, Under 9 to Veteran.

Entry Form on <http://www.cityofyorkathleticclub.net/york-open-2/>

Includes a 1500 and a 3000 – give it a try!