

Course Records:

2003 Matt Vaux-Harvey 30.54

2008 Winifrida Kwamboka 34.38



WORCESTER
PITCHCROFT
10kilometre RACE

Promoted by WORCESTER ATHLETIC CLUB

under UKA Rules - Licence 2024-47766



Measurement Certificate 18/131

see over for details –

Incorporating Worcestershire County 10K Championships

for affiliated and county qualified only

28th WORCESTER PITCHCROFT 10Km 2024

Wednesday 17th 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

+ 2.75K acorns FUN RUN AT 7.00PM. - £5

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. 01905 28395



First Name _____ Last Name _____

Tick as required

*Male *Female Age ____ DOB ____/____/____ 10K County Fun Run Fee enclosed £ _____

Champs

Address _____ Predicted time _____

Postcode _____

Email _____ Contact Tel. _____

EA Registration No. _____ Affiliated Club _____

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 _____ Date _____ Official use _____

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

RACE DAY INFORMATION

WORCESTER PITCHCROFT 10K Wednesday 17th July 2024

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 6pm 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 Portaloilets 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 **7.30pm** 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 (including bone) - 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 8.45pm 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 1st U20 male and female.

M40 1st M50 1st M60 1st M70+ 1st

F35 1st F45 1st F55 1st F65+ 1st

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 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).

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

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 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.

Entry into the County Championships requires a **positive request** - if you qualify and wish to enter, please ensure you tick the box on the entry form and/or complete a Google form here: <https://forms.gle/m75VDmdfMPFw8jMj7>