



Cash Prizes

plus other awards

1st £200
2nd £150
3rd £75

For Male & Female winners

Men

- 1st to 10th
- 1st two veterans
40-44, 45-49, 50-54, 55-59, 60-64 & 65-69
- 1st two under 18
- 1st two teams
(3 to count)

YVAA Men

- 1st to 3rd 35-39, 40-44, 45-49, 50-54, 55-59, 60-64 & 65-69
- 1st two 70-74
- 1st 75-79 & 80+

Women

- 1st to 7th
- 1st two veterans
35-39, 40-44, 45-49, 50-54, 55-59
- 1st two under 18
- 1st two teams
(3 to count)

YVAA Women

- 1st to 3rd 35-39, 40-44, 45-49 & 50-54
- 1st two 55-59, 1st 60-64, 65-69 & 70+

Next Beverley Athletic Club Race:
Walkington 10k, Friday, 9 July 2010 at 7.30pm



Pre and post race leg massage supplied by Warners

Beverley 10k | Sponsored by



The Jacob's Well appeal
 Based locally in Beverley
 This years race charity

Check out
www.beverleyac.com
 for the latest entry information

SPORTS
 SYSTEMS
 CHIP TIMING



the Beverley 10k & 2k FUN RUN

From Beverley Leisure Complex, Flemingate, Beverley at 10.30am



East Yorkshire's Premier 10k Race - Sunday, 9 May 2010
 from The Minster, Eastgate at 11.15am | Incorporating the Yorkshire Veterans Championship



Prize vouchers supplied by



Water supplied by



T-shirts supplied by



www.startfitness.co.uk

In attendance



Simply Running

Leaflet designed & produced by www.strawberry.co.uk



Race Details

- Excellent course with town centre start & finish
- 1200 10k entrants in 2009
(inc. 940 who were not athletic club members)
- Quality technical T-Shirt supplied by Start Fitness to all 10k finishers
- Extensive prize list (see back page for details)
- Limit of 1,200 runners for 10k & 400 for Fun Run
Enter early as over subscribed in 2009
- Medal to all Fun Run finishers (310 last year)
- No entries on the day for either 10k or Fun Run
- Under UK Athletics Rules - Permit applied for

Closing date for entries 23/4/10

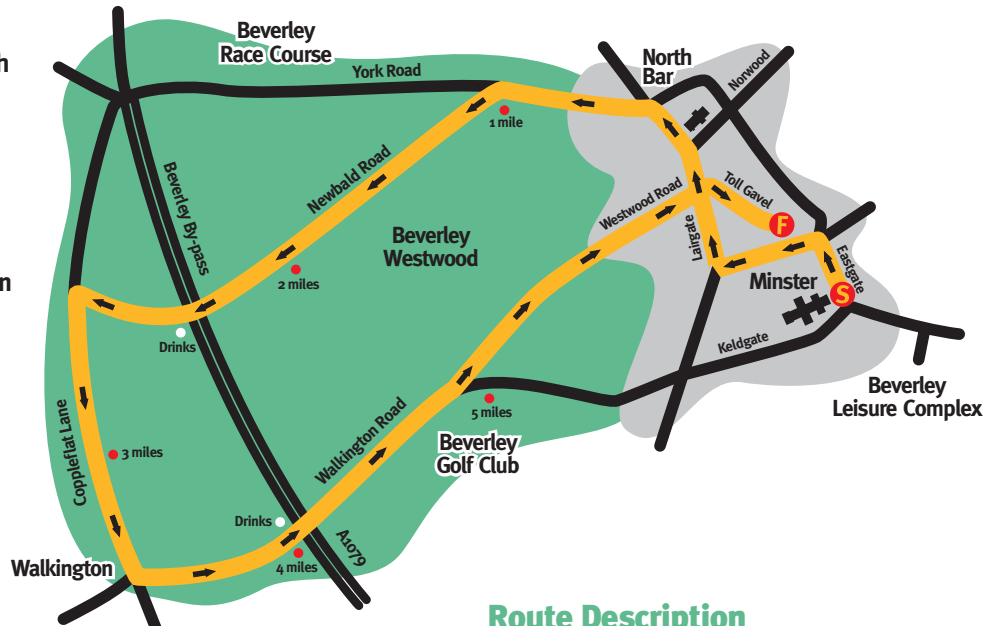
(if race limit hasn't been reached)

YVAA entries must be received by 28/3/2010.
(Open to members of clubs affiliated to the YVAA and for individual members)

No entries on the day for the 10k or Fun Run

Please note: This course is not suitable for wheelchairs

A time limit of 80 minutes to complete the 10k race will now be in place due to police requirement to re-open closed roads as soon as possible.



Current Course Records

1995
Andy Lyons (30:17)
(City of Hull AC)

2002
Melanie Hayward (35:25)
(Beverley AC)

£200 Prize
for new course records

Route Description

The race starts outside the spectacular twin-towered Beverley Minster, regarded as among one of the finest Gothic churches of Cathedral size in Europe. It then passes through the medieval North Bar and across the glorious green-belt on the edge of town, known as Beverley Westwood, towards the village of Walkington. Runners then return to Beverley's cobbled Market Place and the impressive finish through the town's market square and pedestrianised shopping zone.

Save time by
Entering online at www.ukresults.net/online

Postal Entry Form

Please complete fully in **BLOCK CAPITALS**

Strictly one person per entry form (Photocopies accepted or download from www.beverleyac.com)

FIRST NAME		SURNAME	
ADDRESS			
POSTCODE			
SEX (M/F)	DATE OF BIRTH	TELEPHONE NO.	
EMAIL ADDRESS			

Tick event you wish to enter SEPARATE ENTRY FORM REQUIRED FOR EACH EVENT

(participants with pushchairs not permitted in either event, 10k entrants must be over 15 years of age on race day)

10k **YVAA Entry** **2k** NOTE - Adults running with children must enter

UKA CLUB (IF ANY)	UKA LICENCE NO.
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Declaration: (To be completed by each entrant)

I declare that I am an amateur according to the UK Athletics rules and that I am medically fit to run.

I accept that the organisers shall not be liable for any injury, illness or loss of property as a result of my taking part in this event.

Signature Date
(Parent or Guardian of under 18 entrants)

Entry Fees (entry fees non refundable)

UK Athletics Club Members - £10.00

Other Runners - £12.00

Fun Run - £3.00

No S.A.E. required Postage is now included in entry fee. Numbers and information pack will be posted out mid April

Please post Entry Forms with appropriate fee to:
Beverley 10K, 12 Willow Grove,
Beverley HU17 8DS Tel: 07946 521622
Email: jedholden54@hotmail.com

All cheques payable to: **Beverley Athletic Club**

Beverley 10k | Sponsored by



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