



St. Bede's A.C.



2010 John Carr 5k Race Series

Wednesdays, 5th, 12th & 19th May 2010 - 7:30pm

Race headquarters – Esholt Sports & Leisure Club, Esholt Lane, Esholt BD17 7RQ
Run under UKA rules. Permit no. 2009-100380

Race 1 on 5th May incorporates the Yorkshire Vets 2010 5k championship.

Please note: due to the increasing popularity of this series and to avoid disappointment on the night only Postal Entries will be accepted. So get your entry in early – race limit is 400 per race.

The races are held on an almost traffic free course mainly within the grounds of Yorkshire Water at Esholt

Course records Men: Tim Crossland – Valley Striders 14:40 – 2004
Ladies: Victoria Wilkinson – Bingley Harriers 16:45 - 2008

Runners completing all 3 races will receive a race series memento, funds raised will be donated to local charities.

Entries: UKA Running Club members: All 3 races **£10.00**. Each individual race **£4.00**.
Unattached runners: All 3 races **£12.00**. Each individual race **£6.00**
Youths/Juniors All 3 races **£4.00**. Each individual race **£1.50**

Please complete the entry form below. Series entries will be eligible for series prizes and a memento gift. Postal entries close on Mon. 26th April. All runners must be 15 yrs or over unless accompanied by an adult. Send cheques, payable to St. Bede's A.C., with **A5 S.A.E.** (due to new postal regulations) for race number, and details, to: **Mike Jones, 55 Acacia Drive, Sandy Lane, Allerton, Bradford BD15 9JY**

For race results visit our website WWW.STBEDESAC.ORG.UK
Also promoted by St. Bede's A.C. – Bradford Millennium Way Relay, for teams of 10 runners.
Sunday June 13th 2010 (see our website above for full details).

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First Name: _____ **Surname:** _____ (Male/Female?)

Address: _____

Post Code: _____ **Club:** _____

Telephone or Mobile No: _____

Age on 5th May ____ **Date of Birth** ____/____/____ **Category entered** _____

Please enter me for (tick boxes)

All 3 races **Race 1** **Race 2** **Race 3** **Yorks Vets 5K** for official use only

Total paid **Race No**

I agree to abide by the UKA rules and understand that the organisers will be in no way responsible for any loss or damage of property or to any injury or illness incurred to me during or as a result of the event.

Signed: _____ **Date:** _____