

This year's race charity
 East Riding
ageUK

East Yorkshire's
Premier 10k Race
sponsored by



HALL
CONSTRUCTION GROUP

the Beverley 10k

Sunday 13th May 2012

From The Minster, Eastgate at 11.15am



Incorporating the
Yorkshire Veterans
Championship

CHIP TIMING BY
Sports Timing Solutions

plus

B&A
SCAFFOLDING

2k Fun Run

From
Beverley Leisure Complex,
Flemingate at 10.15am

**Beverley 10k
Cash Prizes
plus other awards**

1st £200

Generously provided by

KC Proud to be
part of local life

2nd £150

3rd £75

For Male & Female winners

**10k & Fun Run Entry
is now Online Only!**

Apply at: www.sportsentrysolutions.com/allraces.php
Race Enquiries: racesatbeverleyac@gmail.com

Entry Fees (non refundable)

UK Athletics Club Members - £12.00

Other Runners - £14.00

Fun Run - £3.50



Closing date for entries 30/04/12 (if limit not reached)

10k Entrants must be 15 yrs of ages on race day.
YVAA Championships open to members of clubs
affiliated to YVAA and for individual members.

Water supplied by

TESCO

Prize vouchers supplied by

BOYES
For good value!

T-shirts supplied by

START
FITNESS

www.startfitness.co.uk

Prize vouchers supplied by



www.simplyrunning.biz

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

Strawberry

Current Course Records

1995

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

2010

Lizzie Adams (34:54)
(Hallamshire Harriers)

£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.

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. You are advised not to train on the full route. The roads between mile 2 (cattle grid) and Walkington traffic lights are particularly dangerous. This section of the route is closed to traffic during the race.

Race Details

- Under UKA Rules - permit No. 2012-103197
- Excellent course with town centre start & finish
- 1200 10k entrants in 2011 (inc. 940 who were not athletic club members)
- Quality technical T-Shirt supplied by Start Fitness to all 10k finishers
- Extensive prize list (see below)
- Limit of 1,200 runners for 10k & 300 for Fun Run enter early - 10k was full by 24th Feb 2011
- Medal to all Fun Run finishers (250 last year)
- No entries on the day for either 10k or Fun Run
- Numbers and information pack will be posted out mid April
- Adults running with Children in the Fun Run must enter
- Push chairs are not allowed

Prizes and Awards

Men

- ▶ 1st to 10th
- ▶ 1st two veterans
40-44, 45-49, 50-54,
55-59, 60-64 & 65-69
1st 70-74, 75-79 & 80+
- ▶ 1st two under 18
- ▶ 1st two teams (3 to count)

Women

- ▶ 1st to 7th
- ▶ 1st two veterans
35-39, 40-44, 45-49,
50-54, 55-59
1st 60-64 65-69 & 70+

YVAA Men

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

YVAA Women

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



Nominated Charity

Beverley AC are delighted to announce that this year's nominated charity is Age UK East Riding.

Age UK East Riding promotes independent living and active aging throughout the East Riding of Yorkshire. All the money that's raised and all of the services provided go to support the older residents of East Riding. Further information can be found at www.ageuk.org.uk/eastriding

Sponsorship forms are available from the Beverley office situated at 16 North Bar Within (tel 01482 869181) or can be downloaded from Beverley 10k Race Page at www.beverleyac.com. **All sponsorship enquiries should be direct with the charity and not the race secretary**

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

Next Beverley Athletic Club Race:
Walkington 10k, Friday 6th July 2012 at 7.30pm



Pre and post race
leg massage
supplied by Warners

