

# WORSBOROUGH 5 MILES 22<sup>nd</sup> May 2019

LICENCE NUMBER 2019-37770 7pm Start

Organised by Barnsley AC and Friends. Any profit to be given to Charity when all costs are paid. No prizes, trophies just times.

These can go on Power of 10. Course measurement No. 19/114

Name.....M / F

Address.....

Club/ unattached.....

Dob.....Age Group.....EA number.....

Entries to

Worsborough 5: 11 Burnsway, Wath, Rotherham, S63 6EE

Club runners £5, Unattached £7 SAE for number No pick up on day.

No entries on Day. Club entries welcome. Limit 400 so enter early

Closing date for entries 16<sup>th</sup> May 2019

Please make cheques to: Barnsley AC

Start and finish is at the Worsborough WMC, parking on the canal side. This is the same as was used at the Road League. Please don't obstruct locals drive ways etc, we may want to use the course again.

Portable toilets will be in the WMC car park.

Please for safety keep left at all times and use the wide footpath on the fast road down the hill, do not run on the road.

No earphones or Bone phones allowed as per UKA rule. Anyone

Wearing them will be disqualified and NOT appear in the results.

I agree to abide by UKA rules and am medically fit to compete, and at my own risk.

Signed.....