City of York AC

# Early NEW YEAR RELAY

On Saturday 30 December at 11.00 am. Entries close 10.40

at York Racecourse (but not the Grandstand) Knavesmire Rd, Tadcaster Road end.

Round the corner from YO24 1DJ - toilets at Hamilton Panthers FC

An informal event suitable for all ages and standards.

Good run out before the Yorkshire Cross Country. And good for social runners.

Club and Unattached runners welcome. Members of different clubs can run together.

Enter on the day by 10.40 am. Entry fee £2 per runner

Teams of 3 - running 3 miles , 1.5 miles , 3 miles.

If we have a lot of juniors, also 5 x 1.5 miles relay.

Minimum age School Year 7 for the 3 mile, Year 6 for the 1.5 mile.

Young runners must be competent and confident before being entered for these distances.

Teams can enter together, or individuals can be made into teams on the day.

On grass (muddy!), suitable for spikes.

Please bring safety pins for your number.

3 minutes start for teams with a female

or a man Over 50

or a boy Under 12 (on 31 Aug 17. Year 7)

and considered for Under 14 boy running a long stage.

6 minutes start for teams with 2 of these people

Also Primary Age (ie Year 6 and younger) run, just under 1 mile, at 10.45. Enter by 10.30.

Enquiries to Dave Paver 01937 581165 davepaver@hotmail.com

Mobile at venue 07778 950200

Last year – results on http://www.ukresults.net/2016/yorkrelay1.html

The growth of this event in recent years has made taking all entries on the day difficult, and delaying the start.

If you have a team arranged, please email your entry to davepaver@hotmail.com with Club (or Team name) and athletes in running order (3, 1.5, 3m)

For Over 40s please give the age group 40, 50, 60, 70 Under 18s, please give School Year.

Your numbers can be collected on the day – and you will be able to make changes if needed.

Entries will still be accepted on the day for those who do not have a team arranged in advance.

Latest email entries 8pm on 29 Dec.