2012 John Carr 5k Race Series

Wednesdays, 2nd, 9th & 16th May 2012 - 7:30pm

Race headquarters – Esholt Sports & Leisure Club, Esholt Lane, Esholt BD17 7RQ
Run under UKA rules. (Permit applied for).

Race 1 on 2nd May incorporates the Yorkshire Vets 2012 5k championship.

Note: due to the increasing popularity of this series, entries WILL NOT be accepted on the night. Only Postal Pre Entries will be accepted. So enter by closing date 23rd April (30th April if only entering 2nd or 3rd race)– 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**

Entries: UKA Running Club members (18 or over): All 3 races **£15.00.** Each individual race **£6.00**.
Unattached runners (18 or over): All 3 races **£18.00**. Each individual race **£8.00**
Youths (14 & under 16)/Juniors (under 18) All 3 races **£4.00**. Or each individual race **£1.50**

Please complete postal entry form below. Series entries will be eligible for series prizes and a memento gift. Funds raised will be donated to local charities. Postal entries close on Mon. 23rd April. All runners must be 13 yrs or over unless accompanied by an adult. Send Entry Form and cheque, payable to Saltaire Striders with A5 SAE for race number and details, to:
Mike Jones, 55 Acacia Drive, Sandy Lane, Allerton, Bradford BD15 9JY

For race results visit our website **www.saltairestriders.org.uk**
Also promoted by Saltaire Striders – Bradford Millennium Way Relay, for teams of 10 runners. Sunday June 10th 2012 (see our website above for full details).

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