



The Famous

Worcestershire Beacon Race 2010

Sponsored by **iapetus gallery** of Malvern



Promoted by **Worcester Athletic Club** UKA Licence applied for

Saturday 9th October

Start **3.00 pm** at Rose Bank Gardens

**An all-terrain race over the Malvern Hills – a tough event affording spectacular views!
Not for the faint-hearted and definitely not a fun run!**

**Runners limited to 350 - Minimum age 17years - Legendary unique prizes - Finishers memento
Toilets, refreshments, etc. available at Race H.Q. – St. John Ambulance Hall**

Entries on the day up to **2.00 pm**, and collection of late, pre-booked running numbers from
St. John Ambulance Hall, Portland Road, Malvern, WR14 2TA

**UKA Club Members £7.00 in advance / £9.00 on the day
Unattached £9.00 in advance / £11.00 on the day**

Please make cheques payable to Worcester A.C. and send entry form with a stamped, addressed,
A5 envelope (for your race number and directions) to:

Beacon Entries, M. Hill 26 Battenhall Rise, Worcester WR5 2DE - Tel. 01905 358562 or 07817 438686

Cut Here ✂

Please write clearly in capitals!

Given name: Surname: 2010
male/female.....

UKA affiliated club: DOB...../...../.....

Registration No: (If no number is supplied the full unattached rate applies) Age.....

Address.....

..... Postcode.....

E-mail..... Contact Tel:

DECLARATION: *I declare that I am medically fit and understand that I run at my own risk and that the organiser will in no way be held responsible for injury, illness, accident or damage sustained by me, as a consequence of my participation in the above event. I agree to abide by the rules of UK Athletics.*

Signature..... Fee enclosed.....

Please circle your category.

Male	senior	vet 40 - 49	vet 50 - 59	vet 60+	vet 70 +
Female	senior	vet 35 - 44	vet 45 - 54	vet 55 +	

Event Information

The race is approximately 7 miles with a maximum altitude of 1395ft, magnificent views (weather permitting) over Worcestershire, Gloucestershire, Shropshire and Wales. The course is very demanding with steep ascents/descents over varying, sometimes unstable surfaces.

Please ensure you are fit and able to compete in this type of event – **this is not a fun run.**

Race Headquarters St. John Ambulance Hall, Portland Road, Malvern, WR14 2TA

Parking – Public parking is available in Victoria Road near to Race HQ or Priory Road (5 min. walk). There is very limited on-road parking near the start.

Getting to Malvern – Allow plenty of time for traveling between Worcester and Malvern as traffic can be quite heavy. Walking time from Race HQ to the start is approximately 5 – 10 minutes.

Directions to the Race HQ

At the crossroad traffic lights in the centre of Great Malvern go downhill and then turn left into narrow Portland Road (approximately 100m. after traffic lights).

Directions to the start

From town centre traffic lights walk uphill towards the top of the main street and fork left past the Post Office. You will meet the main road (Wells Road, A449) running through the top of the town and will see the start on the far side of the road in Rose Bank Gardens.

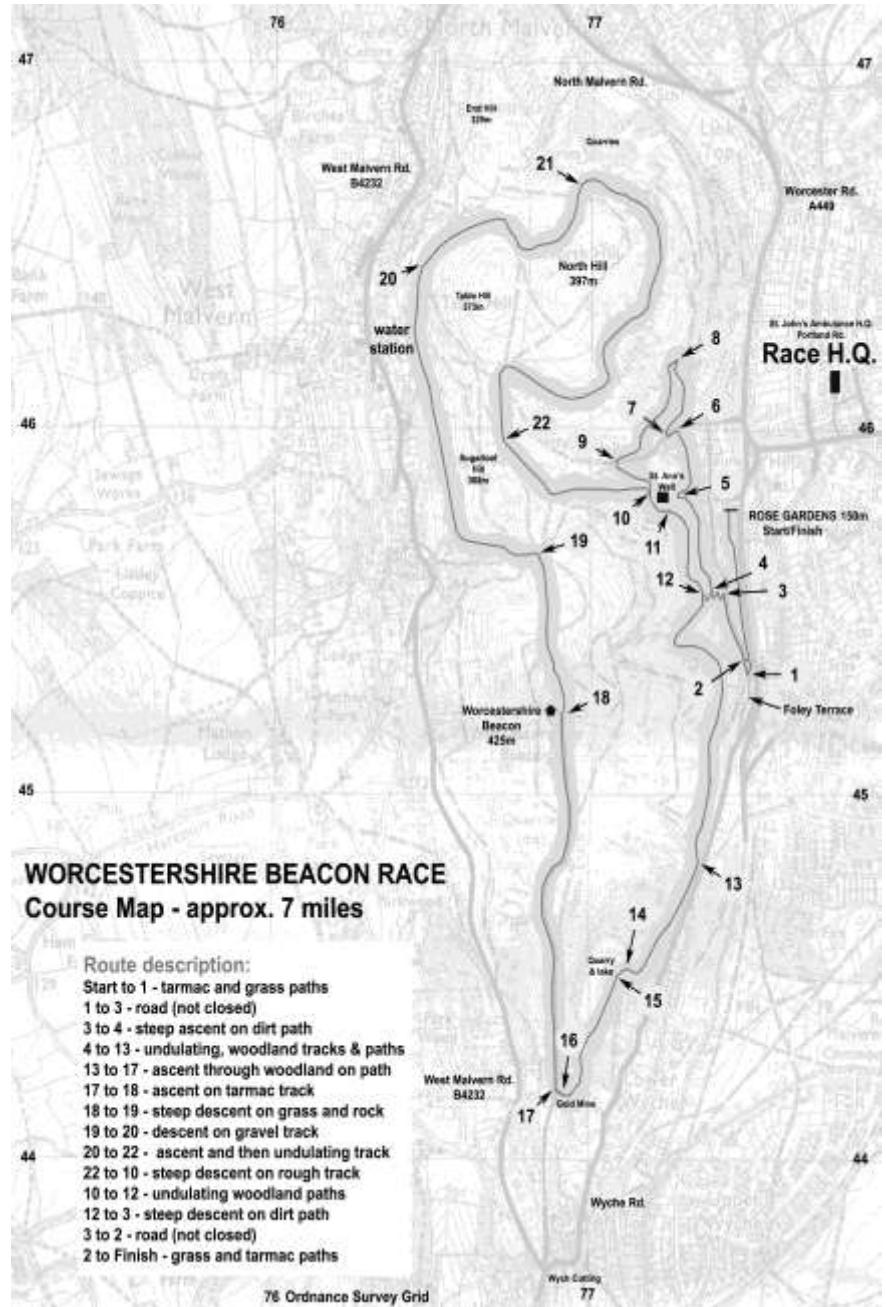
Shoes

Good grip, multi-terrain (not studs) are normal. Surface varies between tarmac, loose gravel paths and turf.

Clothing

We have been blessed over the years with very good weather and most runners will be happy with normal kit (vest and shorts), please be prepared however for inclement weather. Hill air temperatures will be several degrees below those in the valley (+ wind chill).

Race numbers - If you already have your race number you do not need to register again at the Race HQ.



Changing facilities / toilets – basic changing facilities and toilets are available at the Race HQ. Public toilets are also available in Grange Road and Edith Walk (small detour on the way to the start).

2009

Fastest runner: 43:48mins. Bill Nock M40 Halesowen A & AC

Last runner: 2:01:08mins.

257 Finishers

Please note additional entry forms and latest race information can be found at www.beaconrace.co.uk