

Wetherby Run

Contributed by Administrator
 Friday, 28 September 2007
 Last Updated Tuesday, 07 September 2010

The Wetherby Run – 10k‘A Cracking Little Yorkshire run’ A race for all enthusiasts whatever your ability there is a warm welcome from the organisers Wetherby Runners AC & Wetherby District Lions. WHEN: Sunday 12th September 2010 at 2pm.Race limit: 750. Entry forms Click Here for a PDFor Click Here for 10k on-line or Click Here for Moores Mini Marathon on-line or Click Here for a flying view of the route Entry List Dated 5th September. <Click Here 5th September News - 'Today there are only 83 entries left available.'On-Line & Postal entries are closed. See Welcome page for details of 'Entries on the day'Welcome from the organisers Wetherby Runners AC & Wetherby District Lions. The event has a relatively short history, now in our fifth year, however saying that the event has quickly become a firm favourite with runners from around the region and beyond. The date of the race suits those with the Great North Run in mind as it offers a fast course and also as a tapering run the week before the "big" day in Newcastle and Gateshead.

Its a season opener for the runner looking forward to the autumn full or Half Marathons, a chance to check your pace maybe after a month off the speed work.

Is it a PB course? you ask , well maybe. UK wide Athletics Data recorded no less than 19 age related records from athletes who raced at Wetherby last year. The course record stands at 32 mins 6 seconds by Gary Dunn in 2008. However, regardless of whether you are a club runner or a local jogger on the road to improving your fitness "The Wetherby Run" will bring with it rewards from the friendly atmosphere

. "Nice route , two pipers at half way to lift the spirits, well marshalled, well done to a relatively new club that deserves support." {mosimage}{mosimage}Runner John digs deep

“Great location for parking and ease of access with it being set at the racecourse. The course was quick and flat but more trail than road. Well marshalled and organised with a great gym bag at the end".

Although classed as a trail race the off road section is on a good farm track of level surface and just about 2km. We have accurate km markers around the course which is scenic, well marshalled and quite level. There is a dedicated committee team from both organisations who are keen to build on the success of previous years and introduce improvements to develop the event. {mosimage}{mosimage}At the finish. Tired but satisfied.

For 2010 you can enjoy once again the improved facilities, the easy parking afforded by the use of the facilities of Wetherby Racecourse. A direct road off the major road routes, spacious and well organised parking by Wetherby Lions. You arrive to enjoy the family friendly atmosphere based around the "Runners Village" and run your race. Afterwards you will be able to leave with very little queing.{mosimage}Race Photography By <http://www.artsphotography.co.uk/>

Our new team of caterers will be in attendance from the early hours with coffee, tea and light refreshments throughout the day. Feel free to relax at your table before, during and after the races and soak up some of the atmosphere. ‘This was a superbly organised race with everything going like clockwork. Excellent marshalls, easy parking, plenty of facilities, etc. Course was fast, although flyovers got wearing on the way up! Run through Kirk Deighton was pretty, as was the last section through the trees before hitting the race course again. I got a pb of 51.26 and the big smile on my face says I will be back next year. Well done to all involved.’ Mark W – York.

We are proud to have our Race Support provider "Up and Running" setting up a stall. For a limited period you will be able to redeem your free £10 voucher against the purchase of new trainers from them. If you choose to wear the latest running apparel then it can only be complemented by the addition of a Wetherby 10k T shirt. These limited edition shirts will be available from 'Gordon Sports' on the day. Martin House Childrens Hospice will have a stall to promote the caring work that the charity provide. (Their fundraising web site is here http://www.martinhouse.org.uk/fundraising/eventspages/Wetherby_10k_2010) {mosimage}{mosimage} Whatever your pace we cater for all

.On the race itself there are two drinks stations. At the 5km point Moto Services personel will hand out water near Kirk

Deighton Cricket Pitch. There will also be water at the finish where there will be a large finish clock at the race course finish gantry. Our regular team of Wetherby Osteopaths will be offering Pre & post race massage's and for the kids there's the Ice Cream Van & Bouncy Castle. {mosimage} {mosimage} {mosimage}The countryside at 4km - Medals awarded after the Mini Marathon - Running through Kirk DeightonThe joy of running.{mosimage} The "Moore's" Mini Marathon {mosimage}

If you don't feel the 10km race is your cup of tea this year why not try the “Moore's” Mini Marathon, a fun run of 1.8 miles on a child friendly route. This is ideal if you're now into keeping fit, want to run with the kids or are raising money for our nominated Charity “ Martin House Childrens Hospice”. The run takes place using the same start/finish gantry as the 10k and heads out over the tarmac of the racecourse private roads before diverting to the Harland Way (part of the old Railway line which is now a cycle track) The return is along a tarmac farm road and finishers will be rewarded with a special commemorative medallion. Whatever your ambitions are for the day you are welcome to - Go For It with us at Wetherby. ‘A Cracking Little Yorkshire run’

The Wetherby Run - 10k 2009 & Moore's Mini Marathon Results . Please Click Here.>Our Prize Allocation Click Here The Wetherby Run -10k Committee proudly announce Multi Terrain - Silver Grade Award for 2009.{mosimage} {mosimage}

BARR (British Association of Road Races) is an accreditation body closely associated with UK Athletics, the Race Permit Liscensing Authority Course Records {mosimage} 2008 Winner and new Course Record holder in 32 min 6 seconds - Gary Dunn. Thirsk & Sowerby Harriers 2006 Ladies Course Record holder in 35 min 25 seconds - Tracey Morris. Valley Striders. {mosimage}For 10k finishers - Its the givaway mug for your 'special brew' of tea or coffee and a 'Sweatshop' voucher Race Support by Sweatshop York For all 10k entrants there's a £5.00 Gift Voucher Enter the race today and when you receive our race booklet during August there will be a £5 Sweatshop gift voucher for you to spend in-store (or 10% discount on-line) Terms & Conditions apply. {mosimage}Prize Fund Increased and extended for 20091st Place Man & 1st Place Lady £100 Target Time: First man sub 31min 50 sec - £100 cash2nd Place Man & 2nd Place Lady £75 Target Time: First Lady sub 35 min - £100 Cash3rd Place Man & 3rd Place Lady £50. Vets prizes in MV40,MV45,MV50,MV60-WF35,WF40,WF45,WF55 Team Prizes: 1st & 2nd Place Mens & Ladies Teams. (3 to count-Team colours reqd) - Entry Fee: £9.00 Attached(Club Runner) -- - £11.00 Un-Attached Runner

Wetherby District Lions chosen charity for the event in 2010 is "Martin House Childrens Hospice". if you would like to support them by raising donations please see the entry form - available from 1st April 2010.

“Pb course in the right conditions. Nice carnival atmosphere with food and masseur, a very friendly race, well put together.”

The Wetherby Runs Major Sponsor{mosimage}

Moore's Furniture Group are proud to be sponsoring the Wetherby 10k run again this year after the success of last years race. - Moore's are one of the largest employees in the Wetherby area and are based on 30 acres at Thorp Arch Estate with a factory of over 600,000 square feet. They are one of the UK’s leading manufacturers of kitchen and bathroom furniture but are proud of their Yorkshire roots. They enjoy giving back to the local community by supporting local events as well as organising their own fundraising activities. Last year through such initiatives they managed to raise approximately £5,000 for local charities. Moore's will again have their own team of runners competing in the 2008 Wetherby Run. Last year the team did themselves proud and raised over £1,500 in sponsorship money for charity. It’s a good target for this year’s team to beat as well as a quickest finish time of 41 minutes and 54 seconds for their first runner home.Moore's Furniture Group – supporting the local community The Wetherby

Whalers 25% Discount Offer The Wetherby Whaler has a fine reputation for quality Fish & Chips in their Market Place establishment. The name and brand has spread throughout the region and now boasts several quality restaurants, Pudsey branch of which has recently re-opened following an extensive re-fit. The family run business is proud to support local projects and has extended support for the Wetherby Run this year. For ALL of the runners taking part in the Wetherby Run 10k the Wetherby Whaler will offer a 25% discount on their sales over the Counter at Wetherby. Runners will need to present their race number on the day and then "tuck" to a well earned feast. The annually awarded Wetherby Whaler Team Shields will be keenly contested again with the additional prize for first male & Female team being presented with a £25 voucher which can be re-deemed at any of the local branches.

Wetherby Osteopaths - are ready to ease the way. The York Road based practice have kindly offered the services of their team of experienced masseurs on the race day. For a small donation runners will be able to relax those tired muscles and tendons with a post, or pre-race massage. Look out for the teams distinctive green gazebo positioned near the start area. Moto Services offer water at 5km drinks station

 Wetherby's new petrol and motorway Service Station at Junction 46 of the A1(M) is now in full operation. Runners will

not fail to notice the stunning new hotel structure as the route passes by at the 2km point on the 13th September. Moto Services have kindly offered to provide water at the 5km half way point on Mark Lane, Kirk Deighton where their staff will be handing out the refreshment. Moto Manager Jeff Parfrey said he was delighted to be able to support the event again this year thro a grant towards local community events. Do you want to try out the race route? All of the 10k route is on public highway or on public footpaths. Use the link below to go to the G-map pedometer stored race map. Access on the racecourse site is by kind permission of Wetherby Steeplechase Committee. Click here for The Wetherby Run - 10k route URL for the Wetherby 10k route is: <http://www.gmap-pedometer.com/?r=2632945> Local Club's nominate Wetherby as their "Club/Championship Run" The organisers offer an especially warm welcome to members of the following clubs who's committees have nominated Wetherby as one of their own respective 2009 championship or club runs. York Knavesmire Harriers - "Club Run Series"; Thirsk & Sowerby Harriers - Club Race Fixture. Otley A.C. - Runner of the Year Awards. Harrogate Harriers & A.C. - 2009 Road Race Club Championship. Ripon Runners - Club Race Fixture.

Programme Warming Up-No warming up is allowed on or within the vicinity of the racecourse entrance, in the car parking area or the assembly area.

Running Number-Please pin your number at all four corners on the FRONT of your vest. Your number must not be folded, cut or mutilated in any way as this will lead to disqualification.

Entries-Please note that we do not accept entries on race day. We reserve the right to postpone or cancel this event owing to adverse weather conditions or circumstances beyond our control

Car parking-Adequate car parking will be available within Wetherby Racecourse grounds. Please follow the instructions of the car parking marshals.

Facilities-Male and female toilet facilities will be available but there are no changing, baggage or shower facilities.

Refreshments-We hope to have these available in the Assembly area before and after the event..

Race Assembly-Please assemble in the assigned area at the entrance to the Racecourse Concourse at 1.45pm. You will be led down to the start point from here after a race briefing.

Drinks-There will be water available at the 5k mark and at the Finish.

First Aid-St. John's Ambulance will be in attendance.

Directions to the Course-Coming from the North on the A1(M) turn off left at the Kirk Deighton Junction just North of Wetherby and follow the York road to the next roundabout where you go straight across into Wetherby Racecourse.

Coming from the South you turn off right at the same Junction and repeat the directions above.

Finish-Please stay in line until your time and number has been recorded by the finish marshals.

The 10k route-The race route is on roads and well surfaced tracks around the Wetherby area. The route will be marshalled and West Yorkshire Police may give assistance with the control of traffic. However, please take care at junctions, you are responsible for your own safety. Part of the route will be traffic free. Other parts will share the road with vehicles. Please take care at junctions. There will be a conspicuous lead vehicle preceding the field and a sweep vehicle following the field. If any tail-enders are passed at any time please then obey normal pedestrian rules. Marshals will remain on station until the sweep vehicle has gone past.

Detailed route description-Starting from the Racecourse approach road the race will proceed straight across the York

Road roundabout and up the new approach road to the A1(M) for approximately 800 metres where a right turn is taken into Ingmanthorpe Park road almost immediately turning left down Sandbeck Lane(track). The race continues on this track all the way to the eastern end of Loshpot Lane where a left turn takes the runners all the way to the flyover on the former A1. A left turn is taken over the flyover bridge and then two left turns takes the race down Kirk Deighton High Street, round the corner into Scriftain Lane. This Lane then leads the runners on to the new roundabout at the top of Kirk Deighton road and continues along the new pathway alongside the old A1 to the next new roundabout at the Sandbeck Estate. Crossing the roundabout the pathway then exits the roundabout in a southerly direction and emerges on the south side of York Road where the runners run alongside York Road making two left turns to take them into Freemans Way and then onto the Harland Way back to the Racecourse.

Prize giving-The prize ceremony will be held close to the Finish and as quickly as possible after 3.00pm.