

Escrick Playing Fields Association



Escrick 10K



Flat, Off-Road Race (nr York)

With the kind permission of Escrick Park Estate



S|W|E|A|T|S|H|O|P



On 21st August 2011 Starting time: 11:00am

Flat scenic 10K course. Running on roads, paths and bridleways within Escrick Park Estate, with the start and finish on the Escrick village green. A BBQ and refreshments are available throughout the event. Toilets and a secure manned bag storage area will be provided.

Prizes awarded to 1st, 2nd & 3rd Male and Female, 1st Vets Male and Female, 1st over 60 Male and Female and 1st under 20 Male and Female.

Entry fee £9 (Attached club runners), £11 (Unattached). Online and postal entries close 8th August 2011. Numbers will be issued on the day, please check back on the website for updates and further information closer to the race date.

No entries on the day. Minimum age for entry 15.

Permit License No 2011-102326. Race subject to UKA rules.

Online entries available at www.ukresults.net or send completed forms with cheque to Escrick 10K, c/o 23 Carrs Meadow, Escrick, York, YO19 6JZ.

Cheques to be made payable to Escrick Playing Fields Association.

Email enquiries to info@escrick10k.co.uk Web site: www.escrick10k.co.uk

Escrick 10K Entry Form

Surname First Name(s)

Address

Post Code

Email Address (print clearly) Telephone No.

Male/Female..... Age (Min. 15)..... Date Of Birth

Club (if applicable)..... Club Membership No.

I am an amateur as defined by UKA laws and agree to abide by their rules. I take part in the event at my own risk and will not hold the organisers responsible for any loss, injury or sickness that may arise from my taking part. I also agree that the organisers may change or alter any of the above race description and in the unlikely event of the race not going ahead the organisers may not refund all or part of my entry fee. Please note that the course is unsuitable for wheelchairs, but there is wheelchair access to the start and finish areas around the Village Green.

Signed (if under 18, Parent/Guardian).....Date.....