

Escrick 10k 2011

This event will start at 11.00am on 21st August in Carrs Meadow, Escrick, YO19 6JZ. At 10.40am there will be a trainer from DW Sports Fitness Club at the Start Line to lead a warm up. At 10.50am the runners will be assembled ready for the start. Please do not obstruct the road before this time.

Marshals will be located at a number of points along the route to ensure competitors and spectator safety. Therefore, please listen to their instructions.

A water stop will be provided at around 5km, although it is advisable that all competitors drink sufficient water prior to the run. It should be noted that the event is being held on a morning in August, when the temperature and conditions could be demanding especially as you are running.

First Aid will be provided by St Johns Ambulance, who will be situated at the Start/Finish area on the village green and on a vehicle following the race. In the event of assistance being required then the nearest marshal should be contacted.

An off road vehicle will be used at the front of the race to direct the runners. Once the lead runner has crossed the finish line, this vehicle will be available to return to the course and provide assistance to anyone who needs to withdraw from the run.

Collecting Your Number

Your race number will be available from Race Control which is situated in the main Marquee by the Information Desk. Please allow sufficient time to collect this. We intend to email all runners that have provided an email address 7 days in advance with their race number, and they will also be available on the website.

Please remember to bring safety pins!

Car Parking

Car parking will be available at Queen Margaret's School (approx. 300 places) accessible from Skipwith Road.

The postcode for users of satellite navigation is **YO19 6EG**.

There will be disabled parking on Carrs Meadow accessible with a disabled pass. Please indicate on your entry form that this will be required or ring 01904 728424 the week before the run.

Please do not block driveways and other access routes in and around the village.

The Arriva 415 and 416 services run between Selby and York. The Escrick stop is opposite the church,

All details are highlighted on the map of Escrick available on the website.

Facilities

Toilet facilities will be available at Queen Margaret's School, at the Sports Hall. This is close to the car parking area and is clearly signposted.

Toilets are also available at Escrick Village Hall which is close to the Start/Finish area. It is clearly signposted from there.

There will be a supervised area for leaving bags and clothing in the main Marquee on the village green.

These facilities are also marked on the map below.

Refreshments

A BBQ will be available on the Village Green serving bacon butties, sausage butties and chicken rolls. There will also be cakes, tea, coffee and soft drinks. This will be available from 9.30 a.m.

Prices are:

Chilli Chicken Bap £1.50

Bacon or Sausage or Vegeburger Bap £1

Small Hot Dog 50p

Tea and Coffee 50p

Home Made Tray Bakes 50p

Juice 20p.

Prizes

Prizes will be awarded to:

1st, 2nd & 3rd Male and Female

1st Vets Male and Female

1st over 60 Male and Female

1st under 20 Male and Female.

There will also be a **Goody Bag** given to all Entrants; our thanks go to our many donations.

The Race is organised by the Escrick Playing Field Association, to provide play facilities for the children of the village and surrounding areas. Charity Number **1091589**.