

ESCRICK 10k 2010

This event will start at 11.00am on 22nd August in Carrs Meadow, Escrick, YO19 6JZ. 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 6km, 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) if necessary and in the event of this 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.

PLEASE ENSURE THAT YOU COMPLETE THE EMERGENCY CONTACT DETAILS ON THE BACK OF YOUR RUNNING NUMBER PRIOR TO THE RACE.

Car Parking

Car parking will be available at Queen Margaret's School (approx 300 places) accessible from Skipwith Road. Please do not block driveways and other access routes in and around the village. Please see map for further details overleaf.

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 728487 the week before the run.

The Arriva 415 bus stops in the village and comes from Selby and York(bus stop shown on map).

Changing Facilities, Toilets and Showers. Area for bags/clothes.

Changing and showering facilities will **NOT** be available. Toilets will be available and following last years feedback the number has been increased.

This year we are providing an area that will be supervised for leaving bags and clothing while the run is taking place.

Refreshments

A selection of light refreshments and a BBQ will be available on the village green.

Prizes

A commemorative gift will be awarded to all finishers. Additional prizes will be 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.

Thank you for supporting our event

Escrick Playing Fields Association.