



Escrick 10K 2016

With the kind permission of Escrick Park Estate

On Sunday, 21st August 2016 Starting time: 11:00am

A flat multi-terrain course on roads, paths and bridleways within Escrick Park Estate, with the start and finish on 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 Men and Women.

Category Prizes; Men >40, >50, >60 and >70 Women >35, >45, >55 and >65

Entry fee £13 (Affiliated), £15 (Unaffiliated). Postal entries close on Saturday, 9th August 2015; postal entries **must** be posted to arrive by that date. On-line entries close on August 13th. No refunds can be made. Your race number will be advised by email and issued on the day. Please check on the website for terms and conditions, updates and further information closer to the race date.

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

Permit License No 2016-xxxxx Race subject to UKA rules.

Online entries available at www.escrick10k.co.uk or send completed forms with cheque to Escrick 10K, 3 Carr Lane, Escrick, York, YO19 6JQ.

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 2016 Entry Form

Surname First Name(s)

Address

..... Post Code

Email Address (**print clearly**) Tel. No.

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

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

Emergency contact Name: Tel. 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.....