

# Escrick 10K 2019

**With the kind permission of Escrick Park Estate**

On Sunday, 18th August 2019 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 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Men and Women.

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

Entry fee £16.50 (Affiliated), £18.50 (Unaffiliated). Postal entries close on Saturday, 10<sup>th</sup> August 2019; postal entries **must** be posted to arrive by that date. On-line entries close on August 15<sup>th</sup>. 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 2019-31704 Race subject to UKA rules.

**Online entries available at [www.escrick10k.co.uk](http://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 10K ORGANISING COMMITTEE'.

Email enquiries to [info@escrick10k.co.uk](mailto:info@escrick10k.co.uk)

Web site: [www.escrick10k.co.uk](http://www.escrick10k.co.uk)

## Escrick 10K 2019 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 have read and agree to the terms and conditions of entry at <https://www.escrick10k.co.uk/entry/terms-and-conditions/>

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