



# Escrick 10K 2017

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

**On Sunday, 20th August 2017 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 £14.50 (Affiliated), £16.50 (Unaffiliated). Postal entries close on Saturday, 12<sup>th</sup> August 2017; postal entries **must** be posted to arrive by that date. On-line entries close on August 17<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 2017-TBC 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 2017 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. ....

**From ukresults.net**

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.....