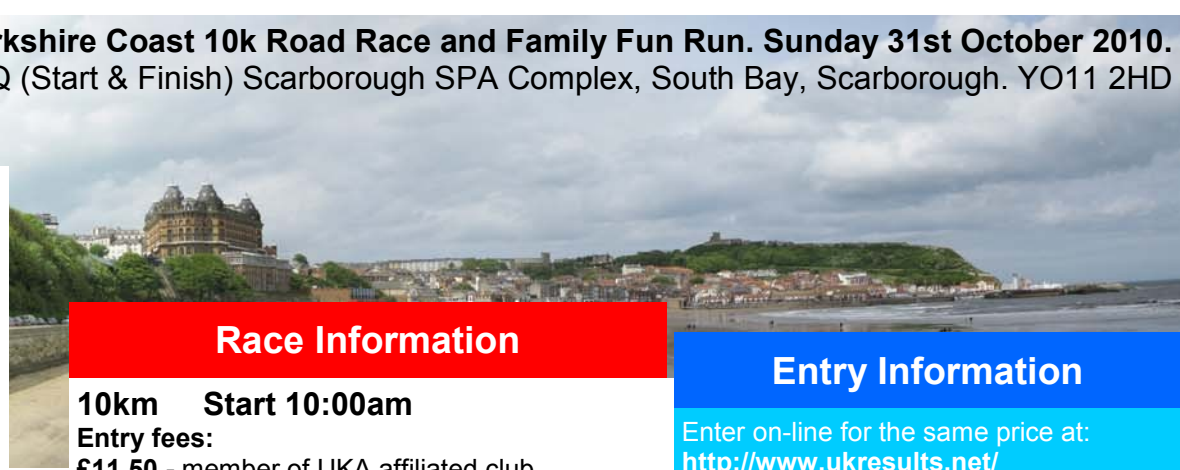


McCain Yorkshire Coast 10k Road Race and Family Fun Run. Sunday 31st October 2010.
Race HQ (Start & Finish) Scarborough SPA Complex, South Bay, Scarborough. YO11 2HD

Entry Form



Race Information

10km Start 10:00am

Entry fees:

- £11.50 - member of UKA affiliated club.
- £13.50 - non-member of UKA affiliated club.
- Closing date for entries - 16th Oct 2010.

Entry limit: 1,500

Accurate electronic chip timing from Start to Finish.

- Minimum age is 15 years on the day.
- Accurately measured. 10,000 metres.
- Baggage Storage for runners.
- Toilets. First Aid. Fully Marshalled.
- Water station at 5km.
- Refreshments available at Spa complex.
- We regret the course is not suitable for wheelchairs due to a short cobbled section along Marine Drive.
- Maximum time limit for the course is 85 minutes (due to race timings.) A sweep vehicle will follow the last runner at this pace. Any runner falling behind the vehicle will be asked to either move onto the pavement or retire from the race.
- No dogs or pushchairs permitted.
- Memento to all finishers.
- Prize list dependant on number of entries.
- **NO ENTRIES ON THE DAY.**

Fun Run 2.5km Start 11:30am

Entry Fee: £3.00

Entry limit: 500

- Fundraise for the charity of your choice.
- Medal for all finishers.
- Children under 8 must be accompanied by an adult (entry fee must be paid).
- Schools Challenge. Trophies for the most entries per school.

Entry Information

Enter on-line for the same price at:
<http://www.ukresults.net/>
Download additional entry forms at:
<http://www.yorkshirecoast10k.co.uk>

Complete the entry form and return with a cheque made payable to:
"Scarborough AC"

Return forms to:
"McCain Yorkshire Coast - 2010"
17 Meadow Dene, East Ayton,
Scarborough. North Yorkshire.
YO13 9EL

You DO NOT need to include a Stamped Addressed Envelope.

- Entry fees are non-refundable, non-deferrable and non-transferable.
- Please do not run under another persons entry. This causes safety issues.
- Closing date for postal entries is 16th Oct 2010 - or sooner if limit reached.
- No entries on the day for the 10Km race.
- Fun Run entries permitted on the day if available.
- Full list of entries available at:-
www.yorkshirecoast10k.co.uk

For full terms and conditions see: www.yorkshirecoast10k.co.uk

Please complete in block capitals.

First Name: **Surname:**

Address

.....

.....

Postcode: Country:

Date of Birth: Age on race day:

Telephone: Mobile:

E-mail:

Gender (Tick Box) Male Female

10K Entry (Tick Box) £11.50 affiliated **£13.50 unaffiliated**

Please state any medical condition that the organisers should know about:

.....

Your estimated running time for 10km:minutes

T-shirt size: Small Medium Large

Affiliated Running Club [If applicable]:

UKA No (If known) :

Workplace Challenge team name [If applicable]:

Emergency Services Challenge team name [If applicable]:.....

Fun Run £3.00

Schools Challenge (School Name) [If applicable]:.....

Payment:-

I enclose a cheque for £..... payable to "Scarborough AC"

I agree to abide by the rules of UK Athletics and the event. I understand that I enter the race at my own risk and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to myself, prior to, during or after the event. I understand the organisers reserves the right to delay, postpone, cancel or not officially time the race in the event of adverse weather conditions or other events outside the organisers control. The determination of what constitutes this is reserved solely to Scarborough Athletic Club. Photographs of the race will be taken for publicity purposes. I understand that my image may be used and give permission for it to be used.

Signature: Date: