



England Athletics Race License  
Applied for 20090799

UK: Athletics  
Course Accuracy Certificate  
No. 08/044

Registered Charity  
No. 1050428

All proceeds to:  
Foston and Thornton le Clay Village Institute

**10k, 6k and 1k Events**

ORGANISED BY **Foston and Thornton Le Clay Village Institute**

PROMOTED BY **Easingwold Running Club**

10K & 6K PRIZES **Posted on Race Day\***

SPECIAL PRIZES **1st, 2nd & 3rd Local Men & Women** (Resident within 5 miles of start)\*

**All 1K entrant will receive a medal**

FIRST AID - ACCURATE KILOMETRE MARKERS - DRINKS STATION AND DRINKS AT THE FINISH

For course details, maps and results after the race look on our websites

**www.easingwoldrunningclub.org.uk** or **www.ukresults.net** (Online Entry available)

\*ONLY ONE PRIZE CATEGORY MAY BE CLAIMED PER WINNER ~ PRIZE ELEGABILITY TO PRE-RACE DAY ENTRIES ONLY

*RACE MEMENTO TO ALL FINISHERS*

*Refreshments available in the Village Hall*



Sponsored by  
Sydney Smith  
Association

**RACE DAY ENTRY LIMIT 250** (excluding 1k race) Venue: Thornton-Le-Clay, Near York. YO60 7TG

Postal entries must be received by 19<sup>th</sup> September. Entries on the day £2.00 extra if places available

Applications to Race Secretary: Richard Harrison, Stone Croft, Low Street, Thornton-Le-Clay, York. YO60 7TG  
Please enclose a 9" x 5" S.A.E. and cheque / PO payable to 'Foston and Thornton Le Clay Village Institute'

## WHITE SWAN OFFICIAL ENTRY FORM for SUNDAY 4<sup>th</sup> October 2009

RUNNERS OF ALL ABILITIES WELCOME, COURSE ALSO SUITABLE FOR WHEELCHAIR ATHLETES

First Name \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Telephone No \_\_\_\_\_

Email Address \_\_\_\_\_

Club Name \_\_\_\_\_ EA Number \_\_\_\_\_

I live within 5 miles of the race start (See website for map) **YES / NO** (Please circle as appropriate)

Please tick race to be entered:

1k Dash Race Start 11:00  £3.00

6k (min age 13+) Race Start: 12:00  £6.00 (EA Affiliated)  £8.00 (Non Affiliated)

10k (min age 15+) Race Start: 12:00  £8.00 (EA Affiliated)  £10.00 (Non Affiliated)

**RACE DAY CATEGORIES** (Please circle 'one' category according to your age on race day)

	Under 13 years	13+	15+	25+	40+	45+	50+	55+	60+	65+
Male	MU13	M13	M15	M25	M40	M45	M50	M55	M60	M65
Female	FU13	F13	F15	F25	F40	F45	F50	F55	F60	F65

I declare that I am an amateur as defined by EA rules and am in good health. The organisers shall not be liable for any loss, damage, actions, claims, costs or expenses which I may suffer as a result of my participating in this event.

Signed \_\_\_\_\_ (of adult if under 15) Date \_\_\_\_/\_\_\_\_/2009