

# Escrick Playing Fields Association

## Escrick 10K

Flat Off Road Race (nr York)

With the kind permission of Escrick Park Estate



On August 23rd, 2009

Starting time: 11:00am

**Flat scenic 10K course.** Running on roads, and paths/bridleways within Escrick Park Estate, with the start and finish on the Escrick village green.

A commemorative memento will be awarded to all finishers. Prizes will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> male, female and first veterans.

Entry fee £7 (Attached club runners), £9 (Unattached). Postal entries will close two weeks before the run.

**No entries on the day.** Permit applied for and race subject to UKA rules.  
**Minimum age for entry 15.**

The village of Escrick is approx 6 miles to the south of York on the A19. Light refreshments & toilets available.

**Please send a stamped addressed envelope (9"x6") for all entries to:  
Escrick 10K c/o 37 Carrs Meadow, Escrick, York, YO19 6JZ.** Cheques to be made payable to Escrick Playing Fields Association.

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 Entry Form

Surname ..... First Name(s) .....

Address .....

..... Post Code .....

Telephone No. .... Email Address .....

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

Club (if applicable)..... Club Membership 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.

Signed (if under 16, Parent/Guardian)..... Date.....

Please tick the box if you wish to receive events and promotional details held at Sweatshop, York. Your details will not be provided to any other organisation or used for any other purpose.