

# Hawnby 10K

Sunday 25 August 2019 at 11am

Come and enjoy a 10K morning run across the breathtaking North Yorkshire Moors.

The circular route covers moor, grass fields and off-road paths with panoramic views.

Hawnby is a small rural village in the North York Moors National Park. The village is about 7 miles (11 km) north-west of Helmsley.

Venue is Hawnby Village Hall, YO62 5QS which has parking and toilets.

Registration between 9.30am – 10.30am. Collect race number on the day.

Entry Fee: Member £10 Non-member £12. Enter online at [bookitzone.com](http://bookitzone.com).

Entries limited to 100 and entries close Friday 23 August 2019. No entries will be taken on the day. Minimum age for entry 16 years.

For environmental purposes, please bring your own drinks container.

Refreshments including water will be available at the Village Hall together with a cake and craft stall too.

Prizes for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Men & Women with mementos for all finishers.

Contact Helen Tel. 07774416592 or [helen.dent1@hotmail.com](mailto:helen.dent1@hotmail.com)

## Conditions of Entry:

1. Obey any Marshalls instructions
2. Display number plaque provided so that it can be read on the front.
3. Follow the Country Code, take care when approaching horse riders, let them know you are there. Obey the Highway Code, take care near pedestrians, pay due regard to any who may be using the same tracks/ bridleways as we do
4. Any runner causing or witnessing an accident MUST stop and help anyone injured and notify the emergency services and organisers
5. Suitable weather appropriate clothing must be worn
6. The decision of the organiser is final
7. No outside help or cheating
8. Any entrant who retires must inform the organisers

## Disclaimer:

I declare I am an amateur as defined by UK Athletics Laws and will abide by the laws and rules of UK Athletics. I accept that the organiser will not be liable for any loss, damage, action, claim, cost or expenses which may arise in the consequence of my participation in this race. I declare that I will not compete unless I am in good health on the day of the race and that in any event I will compete at my own risk. I agree to abide by the conditions of entry and WILL NOT hold the organisers of the race, or any of their representatives, liable for loss/accident/injury before, during or after this event. In the unlikely event of abandonment or cancellation, all or part of my entry fee may be retained for the management and administration of the event.

The organisers do not and will not accept any liability for damage or injury to persons and property howsoever caused. All participants do so at their own risk. Everyone present must take all reasonable precautions to avoid and prevent accidents and obey the instructions of the organisers, officials and stewards. A course plan will be available on the day at the Village Hall. A first aider will be present. Please ensure you take everything home with you that you came with and do not leave any litter. All present have no objection to photographs being taken and published.