



Sutton Park
SUTTON ON THE FOREST, NORTH YORKSHIRE, YO61 1DW
SUNDAY 23 September 2018
START TIME 12.00 noon

**A FLAT RURAL COURSE ON PARKLAND TRACKS,
 SURFACED & FARM ROADS, STARTING AND FINISHING IN THE
 PICTURESQUE VILLAGE OF SUTTON ON THE FOREST**

Prizes: First 3 Men and Ladies; First in each Veteran Category
 No competitor may win more than one prize. Every finisher will receive a memento.

Race HQ will open at 9.30am.
 Free off-road parking available close to the start.
 Toilets and refreshments will be available.

ENTRIES: £12.00 attached, £14.00 unattached (£2.00 extra on the day)

ONLINE: www.bookitzone.com

BY POST: Send entry form, cheque and 9"x5" SAE (no envelope, no number) to
 The Sutton Park 10k, 19 The Gowans, Sutton on the Forest, North Yorkshire YO61 1DL.
 Cheques payable to "Sutton on the Forest Playing Field Association".

There is a RACE LIMIT of 500; Minimum age 15 on race day
Early booking recommended due to popularity
CLOSING DATE 16 SEPTEMBER 2018; Numbers posted from 1 September 2018
 On the day entries will NOT be accepted after 11.00am

Promoted by Easingwold Running Club
www.easingwoldrunningclub.org.uk

This event will be run under UKA Rules
Race Licence Applied For; Race Referee-Mr Roger Everton

www.statelyhome.co.uk
www.suttonontheforestpc.co.uk

www.ukresults.net
www.sutton10k.org



ENTRY FORM
 (Please use BLOCK CAPITALS)

Surname

First name(s)

Address

.....

Post Code

Tel no

Email

Club

UK A number

Age Category

Please indicate sex and age category below:
 (Please circle appropriate box eg M40 if man aged 40-44)

Male	Open	M40	M45	M50	M55	M60+
Female	Open	F35	F40	F45	F50	F55+

Date of birth

I wish to enter the Sutton Park 10k run and hereby declare that I am an amateur as defined by the UKA rules, and that I am medically fit to run the distance and I will be age 15 or older on race day. Furthermore, I agree that the organisers will in no way be held responsible for any injury or illness incurred to my person during, or as a result of, the event. Also the organisers will not be responsible for any loss of property during the event. This course is not suitable for wheel chair competitors.

Signed:

Date: