



**Sutton Park**  
**SUTTON ON THE FOREST, NORTH YORKSHIRE, YO61 1DW**  
**SUNDAY 22 September 2019**  
**START TIME 1200 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.

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](http://www.bookitzone.com)

**BY POST:** Send entry form and cheque 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 20 SEPTEMBER 2019;**

Race numbers will not be sent out in advance –  
 please collect from Race HQ on race day 0900-1130  
 On the day entries will NOT be accepted after 1100

**Promoted by Easingwold Running Club**  
[www.easingwoldrunningclub.org.uk](http://www.easingwoldrunningclub.org.uk)  
**This event will be run under UKA Rules**  
**Race Licence Applied For; Race Referee TBC**

[www.statelyhome.co.uk](http://www.statelyhome.co.uk)  
[www.suttonontheforestpc.co.uk](http://www.suttonontheforestpc.co.uk)

[www.ukresults.net](http://www.ukresults.net)  
[www.sutton10k.org](http://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: .....