



At Sutton Park
SUNDAY 28th September 2014
START TIME 12.00 noon
SUTTON ON THE FOREST,
NORTH YORKSHIRE,
YO61 1DW



Promoted by Easingwold Running Club
 Race Licence Applied For
 This event will be run under UKA Rules
 Race Referee – Mr Roger Everton (Licence No 2014-10555)

www.easingwoldrunningclub.org.uk

Early booking recommended due to popularity
 CLOSING DATE 12th SEPTEMBER 2014
A FLAT RURAL COURSE ON PARKLAND TRACKS TOGETHER WITH SURFACED & FARM ROADS

The race starts and finishes in the picturesque North Yorkshire village of Sutton on the Forest. The route includes parkland tracks through Sutton Park and Forest, quiet roads and parts of a former airfield. There is free off-road parking close to the start. Toilets and refreshments will be available. Every finisher will receive a memento.

Prizes for first 3 Men and Ladies, for first in each Veteran Category. No competitor can win more than one prize.

ENTRY FEE: £10.00 attached, £12.00 unattached (Entries on the day £2.00 extra)
 There is a RACE LIMIT of 500 Minimum age 15 on race day

Race HQ will open at 9.30am – On the day bookings will NOT be accepted after 11.00am.

www.statelysthome.co.uk
www.suttonontheforestpc.co.uk



www.ukresults.net
www.runnersworld.co.uk

Race website – www.sutton10k.org

ENTRY FORM (Please use BLOCK CAPITALS)

Surname..... First name(s).....
 Address.....
 Post Code..... Telephone number..... Sex M / F (please circle)
 Club..... UKA number.....
 Date of birth.....

Please add E-mail address if you wish to receive information about the Sutton Park 10k and/or Sweatshop in the future:

Category: (please tick appropriate box):

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

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:

Send entry by 12th **September 2014** to The Sutton Park 10k,
 19 The Gowans, Sutton on the Forest, North Yorkshire YO61 1DL. Send a 9"x5" SAE – **no envelope, no number!**
 *All Entries will be posted out to competitors after 1st August 2014.
 Please make cheques payable to "Sutton on the Forest Playing Field Association".