

Stephensons Tholthorpe 10k



Sunday 4th Sept 2016 - 11am

**The event is run under UKA rules – Licence No. 2016-22838
Course Measurement Certificate No. 09/051
Course Record ** 30.36 **Darran Bilton – Leeds City A C 2005
Drink stations at 3.5k & 7k**

Entry - £10 affiliated & £12 unaffiliated - Minimum age for runners is 15

**Please return by 28 August, with SAE and correct entry fee to;
Tholthorpe 10k, 4 The Orchard, Tholthorpe, York YO61 1SX
(Cheque payee "Tholthorpe 10k") £2 extra for entries after 28 August !**

Surname.....First name.....

Address

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

Date of BirthPhone Number.....

E-mail address.....

I live within 5 miles of Tholthorpe YES/NO (Please delete one)

If you live in North Yorkshire or are a member of an affiliated North Yorkshire athletics club, you qualify for the North Yorkshire Championship. YES/NO (Please delete one)

Category on race day (please tick below) Age on race day..... Est.Time.....

Male under 40....., M40-49....., M50-59....., M60-69....., M70+.....,

Female under 35....., F35-44....., F45-54....., F55-64....., F65+.....,

If you are a member of a UK Athletics affiliated club please state which....

Club:..... UKA No.:

I hereby declare that I am an amateur as defined by UKA rules and I am medically fit to run 10 kilometres (6.2 miles). I understand the organisers of the event will not be responsible for any loss or injury to my person as a result of this event. **N.B.Parent/Guardian must sign for under 18's**

The wearing of head/earphones etc. is not permitted during the race and will result in immediate disqualification. UKA ruling, April 2016.

Signed.....Date.....

www.tholthorpe10k.co.uk info@tholthorpe10k.co.uk www.bookitzone.com

Proceeds from Tholthorpe 10k 2016 to be donated to Tholthorpe Village Hall (reg. charity no.1045495)

If, due to circumstances beyond our control, the race is cancelled then entries may be transferred to the next race. Unfortunately, no refunds can be given due to financial commitments to the event organisation. We cannot be held liable for transport costs. Thank you.