



Sutton Park 10k

SUTTON ON THE FOREST, NORTH YORKSHIRE, YO61 1DW

SUNDAY

22 September 2019

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

Full details at www.sutton10k.org

Enter online at:

www.bookitzone.com

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

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".

This event will be run under UKA Rules; Race Licence Applied For



2019 ENTRY FORM (Please use BLOCK CAPITALS)

Entries close 20 September 2019; Numbers collected on race day up to 1100

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: