



# The Tholthorpe 10k

Sunday 1<sup>st</sup> Sept 2019 - 11am

The event is run under UKA rules - Licence No. 2017-27262  
Course Measurement Certificate No. 09/051 - Drink stations at 3.5k & 7k

### Course Records

Men - 30:36 Darran Bilton - Leeds City A C 2005

Ladies - 35:36 Faye Banks - 2017

Entry - £13.00 affiliated & £15.00 unaffiliated (£2 extra for entries on the day)

Minimum age for runners is 15

Book online at [http://www.bookitzone.com/ian\\_furby/d52FFX](http://www.bookitzone.com/ian_furby/d52FFX) or complete and **post before 26/08/2019**, with SAE and correct entry fee to; Ian Furby, Tholthorpe 10k, The Manor House, Tholthorpe, York YO61 1SN (Cheque payee "Tholthorpe 10k")

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

Address ..... Post Code .....

Date of Birth ..... Phone Number .....

E-mail address ..... Est. Finishing Time .....

I live within 5 miles of Tholthorpe	Yes	No
	<input type="checkbox"/>	<input type="checkbox"/>
I live in North Yorkshire AND am a member of an affiliated North Yorkshire athletics club, you qualify for the North Yorkshire Championship.	Yes	No
	<input type="checkbox"/>	<input type="checkbox"/>

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

Club: ..... UKA No .....

### Category on Race Day

Male under 40	<input type="checkbox"/>	Female under 40	<input type="checkbox"/>
Male 40-49	<input type="checkbox"/>	Female 40-49	<input type="checkbox"/>
Male 50-59	<input type="checkbox"/>	Female 50-59	<input type="checkbox"/>
Male 60-69	<input type="checkbox"/>	Female 60-69	<input type="checkbox"/>
Male 70+	<input type="checkbox"/>	Female 70+	<input type="checkbox"/>

### How did you hear about us

Word of mouth	<input type="checkbox"/>
Done it before	<input type="checkbox"/>
Social media	<input type="checkbox"/>
Flyer/Signs	<input type="checkbox"/>
BookitZone website	<input type="checkbox"/>
Other (Please state)	<input type="text"/>

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 .....

*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.*