

McCain YORKSHIRE COAST 10k

ROAD RACE & FAMILY FUN RUN

Sunday 28th October 2012

Scarborough Spa Complex, South Bay, Scarborough.



WHY NOT RUN AND RAISE FUNDS FOR A CHARITY?

SCHOOLS CHALLENGE (FUN RUN)

A trophy will be awarded to the highest number of participants from a single school.

TEAM CHALLENGES

Workplace Challenge, Emergency Services Challenge & Charity Team Challenge.

Minimum of 3 entries per team, don't forget to include your team name!

COMPREHENSIVE PRIZE LIST

DATA PROTECTION ACT 1998

Personal Data collected on this form will be stored electronically and will be used for the purpose of administration as required for the race, result compilation and to keep you informed. It will only be available to appropriate race officials and will not be given out to unrelated organisations.

FOR FULL TERMS AND CONDITIONS VIST:

WWW.YORKSHIRECOAST10K.CO.UK



10km ROAD RACE 10.00am

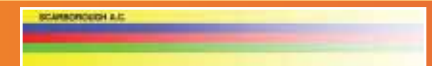
A traffic free, flat course along the spectacular Yorkshire Coast; Scarborough South Bay, Marine Drive, Northstead Manor Gardens & the North Bay Promenade.



FAMILY FUN RUN 11.30am

A 2.5km course for all the family along Scarborough's South Bay.

FOR FULL TERMS AND CONDITIONS SEE:
WWW.YORKSHIRECOAST10K.CO.UK





(Please complete in full)

First Name Surname

Address

Postcode Date of Birth

E-mail

Age on Race Day

Mobile

(Please enter your mobile number to receive your finish time via SMS)

Male Female

Please give details of any medical condition the organisers should know about

10k

Estimated time for 10k (minutes)

T-Shirt Size S M L XL

Affiliated Running Club* (* if applicable)

UKA Number*

Workplace Challenge Team Name*

Emergency Services Challenge Team Name*

Charity Team Name*

As part of a Scarborough town survey please indicate if you will be booking overnight accommodation in Scarborough Yes No

FUN RUN

School Name* (*if applicable)

ENTRY COSTS

10k: (Not affiliated to an Athletic Club) **£13.50**

(Affiliated to an Athletic Club – details required) **£11.50**

Fun Run: **£3.00**

PAYMENT

I enclose a cheque for £ payable to Scarborough AC

I agree to abide by the rules of UK Athletics and the event. I understand that I enter the race at my own risk and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to myself, prior to, during or after the event. I understand the organisers reserve the right to delay, postpone cancel or not officially time the race in the event of adverse weather conditions or other events outside the organisers control. The determination of what constitutes this is reserved solely to Scarborough Athletic Club. Photographs of the race will be taken for publicity purposes. I understand that my image may be used and give permission for it to be used.

Signature

Date

If you are under 18 your parent or guardian's signature will be required for you to be able to participate in either race.

Signature

RACE INFORMATION

10km - Start 10am

ENTRY FEES

10k: **£13.50**
(Non member of UKA Affiliated Club)
£11.50
(Member of UKA affiliated club)

Entry Limit: 1500

- Accurate electronic chip timing from start to finish
- Baggage storage for runners
- Toilets, First Aid and Fully Marshalled Course
- Water station at 4km
- Refreshments available at the Spa Complex
- Technical T-shirt for all finishers
- Extensive Prize list
- Maximum time limit for course 85 minutes. A sweep vehicle will follow the last runner at this pace. Any runner falling behind the vehicle will be asked to move to the pavement or retire.
- We regret that the course is not suitable for wheelchairs due to a cobbled section around Marine Drive.
- Minimum age - 15 years old on the day of race
- No entries will be accepted on the day

Fun Run 2.5km - Start 11.30am

Entry Fee: **£3.00**

Entry Limit: **500**

- Fundraise for your charity of choice
- Medal to all who pass the finish line
- Children (under 8) must be accompanied by an adult (entry fee applies)
- Schools Challenge – A trophy for most entries from a school

ENTRY INFORMATION

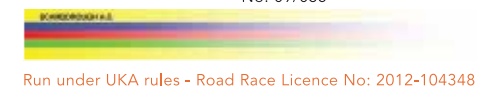
Closing Date for Entries 19th October 2012 (or once fully subscribed)
Enter on-line at no extra cost at: www.sportsentrysolutions.com/allraces.php
Or download additional entry forms at: www.yorkshirecoast10k.co.uk

Entry forms should be completed and returned with a cheque made payable to 'Scarborough AC'.

Forms should be returned to 'McCain Yorkshire Coast 10k 2012, 17 Meadow Dene, East Ayton, Scarborough, North Yorkshire, YO13 9EL'

A stamped addressed envelope is **NOT** required.

- Entry fees are non-refundable, non-deferrable and non-transferable
- Please do not run under another person's entry, this is a safety issue.
- No entries on the Race Day for the 10k
- Race Day entries for the Fun Run are permitted if places available
- Full list of entries at: www.yorkshirecoast10k.co.uk



Run under UKA rules - Road Race Licence No: 2012-104348