

Eskra 10K
& 5K Run & Walk...



Prize Fund
OVER
£1,300

THE
RUDOLPH
RUN

with



Saturday
10th
December
12 Noon Start

For info & entry forms

Web: www.eskra.org

Email: eskra10k@eskra.org

OR SIMPLY ENTER ONLINE...

www.athleticsni.org



The
Rudolph
Run



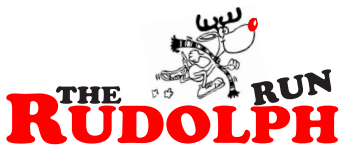
TEAM EVENT

with Extra Prizes

Start & Finish at Eskra Community Centre
CHANGING/SHOWER FACILITIES AVAILABLE
HOT REFRESHMENTS SERVED AFTERWARDS

NEW THIS YEAR - PRIZE FOR A NEW COURSE RECORD
£100 EACH MALE & FEMALE
PRESENT COURSE RECORD TIMES: MALE 31:44 & FEMALE 35:01

10k run (over 15 yrs only)



ESKRA 10K ENTRY FORM

10TH December 2016

No:

Pre-Entry £10 - Closes 9.00 pm, Friday 9th December
 Postal Entry £10 - Closes 5.00 pm, Monday 5th December (cheques ECA)
 Online Entry £11.50 - Closes 12.00 noon, Thursday 8th December
 Race Day Entry £12 - From 9.30 am to 11.30 am
 Pre Reg Nights Wednesday 7th & Friday 9th December, 7.00 - 9.00 pm in
 Eskra Community Centre
 Family Rate for 5K £20. max - Primary School child £5.00
Rudolph Beanie Hat for first 300 entries

ENTRY FORM **10K RUN** **5K RUN** **5K WALK**

NAME

ADDRESS

EMAIL

CLUB (IF ANY)

MALE FEMALE AGE

10K CATEGORY OPEN OVER 40 OVER 50 OVER 60

5K CATEGORY UNDER 18 OVER 18

TEAM EVENT (10K ONLY) 5 MEMBERS ALL MUST BE FROM THE SAME CLUB
MALE & FEMALE TEAMS - NOT MIXED. TEAM ENTRY ON RACE DAY

TEAM NAME:

The competitor, who will be of the stipulated age on 10th December 2015, acknowledges that he/she will be competing entirely at his/her own risk and to the extent permitted by the Unfair Contract Terms Act 1977. Competitors must be over the age of 15*. The organisers will not be liable for any loss, damage, illness or injury whatsoever, directly or indirectly occasioned by or resulting from the negligence, wrongful act or default of the organisers, its members, employees or agents or from any other cause including an Act of God or the physical condition of the competitor.

You must check this box to agree with the above conditions Signature: _____
 * Under 15s are not legally permitted to run 10K