



Newton Abbot (Dornafield) Ladies' 10k

Organised by Teignbridge Trotters
A scenic 10k route through the villages of Ogwell and Denbury



Kindly sponsored by:

IRONBRIDGE RUNNER
With you every step of the way

Sunday 23rd September 2012 at 11.00 a.m.

Held under ARC Rules / ARC Permit Number **ARC 12/51**

Start and finish at Dornafield Farm touring park, just off the A381 between Newton Abbot and Totnes
Car parking is very limited-please share lifts where possible

Entry Fee £10, discounted £8 ARC/EA affiliated (non-refundable)

Postal entries close **21/09/12** or when race limit reached

Race limit of 300 – Entries on the day £2 extra

Cheques payable to 'Teignbridge Trotters'

Post entries to: Ladies 10K, 69 Teignmouth Road, Teignmouth, Devon, TQ14 8UR along with an **A5 SAE**

Entry fee includes a £2 donation to the charity **Bowel Cancer UK** as nominated by our host Mr. Dewhirst of Dornafield

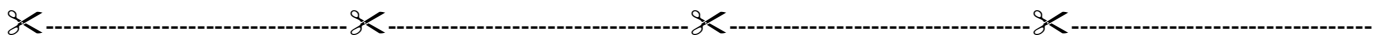
A unique memento for all finishers

Prizes awarded to the first 5 ladies and 1st, 2nd, 3rd category prizes (V35, V40, V45, V50, V55, V60)

Prizes for first 3 teams – 4 to count

Further information or enquiries – contact Entry Secretary chairmanrog@sky.com

Visit www.teignbridgetrotters.co.uk for up to date list of entries



LADIES 10K ENTRY FORM

First Name: Surname:

Address:

..... Post Code:

Tel No:

Email:

Date of Birth:/...../..... Age on 23/09/2012:

ARC / EA Affiliated Club:

(We do not need your EA number)

I declare that I am an amateur as defined by ARC rules that I am medically fit to run and understand that I enter at my own risk. The organisers shall not be held responsible or liable for any injury, loss or damage arising as consequence of my participation in the Dornafield Ladies' 10k. I will be 15 years of age or older on the day of the race.

Signed

Date/...../.....

Please return (**with A5 SAE**) to:
Ladies 10K, 69 Teignmouth Road, Teignmouth, Devon, TQ14 8UR