



# 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 15<sup>th</sup> September 2013 at 11.00 a.m.

Held under ARC Rules / ARC Permit Number **ARC 13/90**

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 **13/09/13** 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**

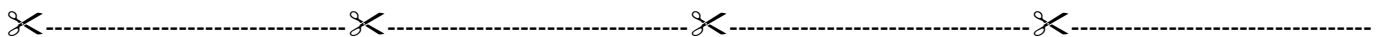
**Prizes awarded to the first 5 ladies and 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> category prizes (V35, V40, V45, V50, V55, V60)**

**Prizes for first 3 teams – 4 to count**

**Spot Prizes (New for 2013)**

Further information or enquiries – contact Entry Secretary [chairmanrog@sky.com](mailto:chairmanrog@sky.com)

Visit [www.teignbridgetrotters.co.uk](http://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 15/09/2013: .....

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 ...../...../.....

Race No.

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