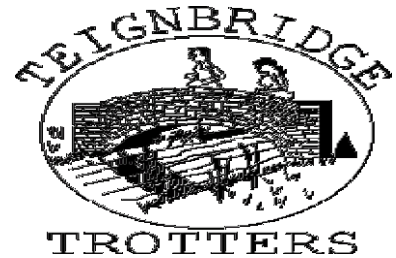




2011 TEMPLER TEN



DIRECTIONS

POST CODE is TQ12 3QH

From Torquay/Paignton:

Follow A380 to Penn Inn roundabout, continue towards Exeter. Take the first exit and keep left at roundabout towards Kingsteignton. Follow the road and take the first exit at the next roundabout, the Passage House Hotel is signposted on the left after about 150m.

From Exeter (M5):

Follow the A380 up Telegraph Hill towards Newton Abbot. Continue until the Kingsteignton and Teignmouth exit (ignore the first Kingsteignton exit). At the roundabout take the third exit and keep left towards Kingsteignton. Follow the road and take the first exit at the next roundabout, the Passage House Hotel is signposted on the left after about 150m.

From Plymouth:

From the A38 take the first Newton Abbot exit and continue towards town. At roundabout, at bottom of hill - prior to the main town, follow the signs for Torquay. At B & Q roundabout take the first exit – towards Kingsteignton. Go past the Racecourse and straight on at the Tesco roundabout. Turn right at next roundabout (Teignmouth), the Passage House Hotel is signposted on the right after about 500m.

COURSE

The race will start and finish at THE PASSAGE HOUSE HOTEL, Kingsteignton, at 1000h prompt. It will follow a multi-terrain course, of approximately 2 miles road, 5 miles of fields [including Stover Park], 2 miles of road, finishing with 0.7 mile off-road. There are a number of stiles and gates along the course, some of these will be opened by marshals. A map is enclosed.

Please remember that part of the off-road section of the course follows the Templer Way public footpath – Please be courteous to other users.

Dogs are ALLOWED to accompany runners on the course, but must be on a leash.

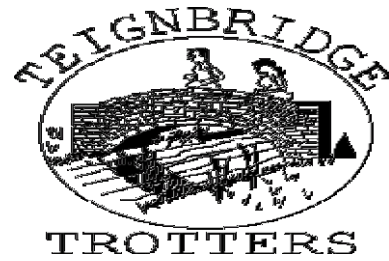
The course will be manned by marshals, and/or Police Specials at every major junction. **Please follow the instructions of the marshals/police when out on the course. Unless otherwise instructed run on the left-hand side of the road at all times.**

There will be three drinks station along the course, positioned at approx. 2 miles, 4.5 miles and 7 miles. Drinks will also be available at the finish.

The course is unsuitable for wheelchair entrants.



2011 TEMPLER TEN



RACE NUMBER: Your race number is enclosed with this information. It **MUST BE WORN** on the **FRONT** of your VEST/SHIRT. It must not be mutilated, folded or cut down

FACILITIES: Toilets are available at THE PASSAGE HOUSE HOTEL.

SORRY – NO baggage facilities or showers, and only very limited changing.

First-aid personnel (St.John Ambulance) will be in attendance. Should you, or any other runner, require assistance please contact the nearest marshal who will be able to contact both St John's and Race HQ.

PARKING: Limited car parking is available at THE PASSAGE HOUSE HOTEL. If possible please try and car share and **please follow the marshals instructions when parking.** Please park as tightly as possible.

Every finisher will receive a Quality Memento, to mark their achievement.

PRESENTATION

Will take place at approx. 1210h. There will be prizes in the following categories

FIRST 5 MEN & LADIES

FIRST 2: M35, M40, M45, M50, M55, M60 & FIRST 2: F35, F40, F45, F50

FIRST MALE TEAM (6 to count) & FIRST FEMALE TEAM (4 to count). Affiliated Teams Only.

RESULTS: These be available on www.teignbridgetrotters.co.uk from Sunday evening.

THANK-YOU: The organisers would like to take this opportunity to thank our sponsors:

IRONBRIDGE RUNNER & PASSAGE HOUSE HOTEL

all the Race Marshals, the Police, St.John Ambulance, Cadet., Drinks Personnel

Finally, THANK-YOU, for entering our race. We look forward to seeing you on November 6th and hope that you have an enjoyable and memorable run and will want to return on November 4th 2012 along with your friends.