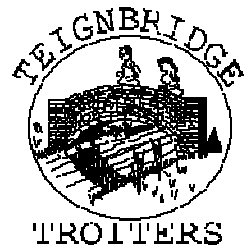


TOTNES 10K

A scenic 10K route alongside the beautiful River Dart, on footpaths and bridlepaths



SUNDAY 5th AUGUST 2012
STARTING AT 11:00AM

Held under ARC Rules

ARC Permit ARC 12/98

Start and finish at Totnes Pavilion, Borough Park

**£25 cash for
any new vet
course record**

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

** £2 additional cost for entries on the day **

Cheques payable to 'Teignbridge Trotters'

Post entries to: Totnes 10K, 69 Teignmouth Road, Teignmouth, Devon, TQ14 8UR along with **A5 SAE**
RACE LIMIT OF 600

**£50 cash for new
course record M/F**

Awards to 1st 5M/5F

1st 2 in: MU18/M35/40/45/50/55/60/65/70, FU18/F35/40/45/50/55/60

First 2 Male Teams (6 to count) / First 2 Female Teams (4 to count)

Quality medal to all finishers

**New U18 categories
1st and 2nd M/F**

PA System - Car parking – BBQ & Beer Tent - Trotters famous cakes! - Changing Facilities - Showers - Bag Store

All entry enquires please contact Roger Hayes chairmanrog@sky.com

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

1 MILE FUN RUN
Around the perimeter of Borough Park – Starting @10.25am
Prizes for first 2 M/F for U10 & U13 & U15
Awards to all finishers
Entry £3.00 – **Enter on the day only**

Kindly sponsored by

**Totnes
Times**



**Dartington
Estate**

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TOTNES 10K ENTRY FORM

First Name: Surname:

Address:

..... Post Code:

Tel No: Sex: M / F

Email:

Date of Birth:/...../..... Age on 05/08/2012:

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 Totnes 10K. Minimum age to run this race is 15 years old.

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

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

Race No.