



# TOTNES 10K

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



**SUNDAY 4<sup>th</sup> AUGUST 2013  
STARTING AT 11:00AM**

Held under ARC Rules

ARC Permit ARC 13/105

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**

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](mailto:chairmanrog@sky.com)

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



**Dartington  
Estate**

### TOTNES 10K ENTRY FORM

First Name: ..... Surname: .....

Address: .....

..... Post Code: .....

Tel No: ..... Sex: M / F

Email: .....

Date of Birth: ...../...../..... Age on 04/08/2013: .....

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 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.