



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



**Fermoy's Garden Centre
& Farm Shop**

K2 Hairdressing Newton Abbot

Held under ARC Rules / ARC Permit Number ARC 09/78

Sunday 20th September 2009 at 11.00 a.m.

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

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 – 3 to count

Entry fee £8.00 (attached) £10.00 (unattached)

Entries on the day £2 extra. Race limit 300

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

Entry form

Surname _____ First Name _____

Address _____

_____ Post Code _____

Telephone number _____

Date of Birth _____ Age on day of race _____

Affiliated club _____

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 send entry form, together with a cheque made payable to **TEIGNBRIDGE TROTTERS** and an **A5 S.A.E.**, to:

Roger Hayes, 69 Teignmouth Road, Teignmouth, Devon TQ14 8UR to arrive no later than **Friday 18th September 2009**

Further information or enquiries – contact Race Director michellewilllocks@aol.com