

**IRONBRIDGE RUNNER/TEIGNBRIDGE
TROTTERS
RACE SERIES**

This is the first of 5 Teignbridge Trotters races during 2009 and for the third year we are pleased to have **IRONBRIDGE RUNNER** as our major sponsor for these races.

To mark the series a special memento will be awarded to all runners (excludes members of Teignbridge Trotters) who finish all Teignbridge Trotters races (4 for men, 5 for ladies).

GREAT WEST TEIGNBRIDGE TEN – 29 March
HAYTOR HELLER – 19 July
TOTNES 10k – 2 August
LADIES 10k – 20 September
TEMPLER TEN – 1 November

www.teignbridgetrotters.co.uk

TEIGNBRIDGE TROTTERS

PRESENT

**THE GREAT WEST
TEIGNBRIDGE TEN**

Course accuracy cert. SEAA 06/007, UKa Licence No. 11447



**British
Association
of Road
Races** 969



SUPPORTED THIS YEAR BY
IRONBRIDGE RUNNER
VIRIDOR WASTE MANAGEMENT & HILL'S MOTORS

On Sunday 29th March 2009 at 1030h

Under UK Athletics rules

Memento to all finishers

Ideal warm up race for the GREAT WEST RUN

2/3 lap course – great for spectators *

Note: For safety reasons, and as a duty of care to the officials, there will be a 2h 'cut off time'. After this time all marshals, sweeper and medical cover will be withdrawn

NO MP3 PLAYERS, or similar,

TO BE WORN DURING THIS RACE

Start/Finish at TEIGN SCHOOL, Kingsteignton

Free car parking, * Refreshments (from 0930h), Changing, Showers, Bag store (at owner's risk), Free results service.

Entry Fee £10.00, £8.00 for EA licenced athletes
£2.00 extra on the day



TEIGNBRIDGE TEN

Course records

Kairn Stone: 50m 30s. Cathy Newman: 60m 41s

Trophies for 1st M & F. Prizes for the first 5 men & ladies,
& first 2 – M35, M40, M45, M50, M55, M60, F35, F40, F45, F50,
F60

TEAM PRIZES (affiliated only - 6 men, 4 ladies) for 1st, 2nd and 3rd

One prize per team per category

ENTRY FORM

FIRST NAME: _____

SURNAME: _____

ADDRESS: _____

POSTCODE: _____

PHONE(day): _____ (night): _____

Male/Female (M/F): _____

Age on Race Day: _____ Date of Birth: _____

UKa AFFILIATED CLUB: _____

EA Competition Licence No: _____

Entries accepted on the day (if available) up
to the **strict limit of 350**

I declare that I am an amateur as defined by UKA 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 damages arising as a consequence of my participation in the Teignbridge Ten. I understand that acceptance of my entry is subject to the approval of the race organisers and that after acceptance the entry fee is not refundable. I will be over 17 years of age on 29th March 2009.

I enclose a cheque payable to TEIGNBRIDGE TROTTERS and a large stamped addressed envelope for race number and information.

SIGNED _____ **DATE** _____

Return to JOHN CAUNTER,
27 SWALLOWFIELD RISE, TORQUAY, DEVON, TQ2 7SF.