



TOTNES 10K

Organised by Teignbridge Trotters
A scenic 10K route alongside the beautiful River Dart,
on footpaths and bridlepaths



Kindly sponsored by;

Ironbridge Runner
Totnes Times
Dartington Estate

Held under ARC Rules

ARC Permit 09/71

SUNDAY 2nd AUGUST 2009, STARTING AT 11:00 AM

Start and finish at Totnes Pavilion, Borough Park

PA System - Car parking – Trotters famous cakes! - Changing Facilities - Showers - Bag Store

Quality Medal to all Finishers

Prizes for the first 5 Men & Ladies

Plus first 2 – M35, M40, M45, M50, M55, M60, M65, M70 F35, F40, F45, F50, F55, F60

& First Male (6 to count) & Female (4 to count) Team

Entry Fee £7.00 (ARC & UKA), £9.00 (Unattached)

£2.00 extra on the day RACE LIMIT OF 600

£50 cash for
new course
record M/F

£25 cash for
any new vet
course record

ENTRY FORM

First Name: _____ **Surname:** _____

Address: _____

Post Code: _____

Tel No: _____ **Sex M/F:** _____

Date of Birth: _____ **Age on 02/08/09:** _____

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

I enclose a cheque payable to **TEIGNBRIDGE TROTTERS** and an **A5 SAE** for race number and information.

Signed: _____ **Date:** _____

Please return to:

Roger Hayes (Race Secretary), 69 Teignmouth Road, Teignmouth, Devon, TQ14 8UR

1 MILE FUN RUN

Around the perimeter of Borough Park – Starting @10.15am
Awards to all finishers – Entry £2.00 – Enter on the day only