

Lustleigh Show 10K

....'One of the finest
mixed terrain races in
Devon'....

**Date: August 30th
2010**

**Time: 12.00 noon at the
Lustleigh Show Ground**

Entry fees:

**£7.00 for the run inc
show entrance**

**£5.00 for juniors inc
show entrance**

Registration

From 10am to 11.55am

Start and finish at the Lustleigh
Show ground. (OS sx700816)
and enjoy a mixed terrain race
split between road, forest trails
and footpaths.

Marshall's and water are
supplied.

Please send a large SAE for
race numbers.



PRIZES

**For the first three men and the first
three ladies.**

**Other prizes in other categories
depending on the entries.**

Medals for all finishers

Juniors:

Minimum age is 15

Male correct box

Female

Senior (male 18-39)

Senior Female 18-34)

Veteran (Male 40 or over)

Veteran Female (35 or over)

Junior (15-17)



Age on Day of Race

**Cheques to 'Lustleigh Show'. Send your early payment to; Mike
Ash Beckamoore, Knowle Road, Lustleigh Devon TQ13 9SP.
01647 277110 for help.**

I declare that I am medically fit to run,
and that I enter the race at my own risk.
The organisers shall not be held
responsible or liable for any injury, loss
or damage arising as a consequence of
my participation in this event.

Full Name PRINT

Address

Phone

Signature

Date

Signature of parent or guardian if under 18

Date