



ERME VALLEY HARRIERS

Present



UKA UNITED KINGDOM ATHLETICS
Licence number: 2012-103393

The Ivybridge 10K



Course Accuracy Certificate:
07/052r

Race Limit: 775

Saturday 12th May 2012 – 6:30 pm

Starting at: Ivybridge Station Car Park

Minimum Age: 15

Finishing at: Ivybridge Rugby Club



For more details or to enter online see www.ernevalleyharriers.co.uk

£12 Entry fee

£10 England Athletic Competition Licence Holders

(All cheques payable to Erme Valley Harriers)

NO ENTRIES ON THE DAY!

Unfortunately this course is not suitable for wheelchair competitors

Closing date for entries: 09th May 2012

Quality Memento to all finishers

Prizes categories as follows:

(One prize per runner – With exception of team prizes)

Men: 1st, 2nd, 3rd, 1st V40, 2nd V40, 1st V45, 2nd V45, 1st V50, 2nd V50, 1st V55, 1st V60, 1st V65, 1st, 2nd Local, 1st Local Vet, 1st, 2nd Team

Women: 1st, 2nd, 3rd, 1st V35, 2nd V35, 1st V40, 2nd V40, 1st V45, 2nd V45, 1st V50, 2nd, V50, 1st V55, 1st V60, 1st, 2nd Local, 1st, 2nd Team

Changing, Showers, Sports massage, parking (limited parking so please car share and arrive early)

IVYBRIDGE 10K 2012 ENTRY FORM

SURNAME FIRST NAME

ADDRESS DATE OF BIRTH

..... AGE ON RACE DAY

TELEPHONE NUMBER MALE / FEMALE

T-Shirt size (Please Circle) S M L XL EMAIL ADDRESS

Do YOU hold a current England Athletics Competition Licence?

If in doubt, please consult your club membership secretary (Note: This is a 7-digit number)

YES: Entry fee is £10 NO: Entry fee is £12

No refunds or referrals. Do not run with someone else's number. This can cause problems with results, prizes and more seriously during a medical emergency. Number transfer is free. The recipient must complete an entry form, with a covering letter sent to the entries secretary

EA AFFILIATED CLUB

SIGNED DATE

I ENCLOSE A CHEQUE FOR £ WITH LARGE (A5 size) SAE (PAYABLE TO ERME VALLEY HARRIERS)

I declare that I will abide by the rules of UK Athletics, I am over 15 and agree that the organisers will not be liable for injury, illness, damage, action claim or expenses which may arise in the consequences of this event. I accept that St John Ambulance will provide medical support and I declare that I will not compete in this event unless I am in good health on race day and I compete at my own risk.

ENTRIES TO: Entries Secretary,
41 Cleeve Drive, Ivybridge, Devon, PL21 9BW

Note: If no SAE is received or additional postage is required then your race number will not be returned. Please contact us if not received (see website for more info).

With thanks to our sponsors:

