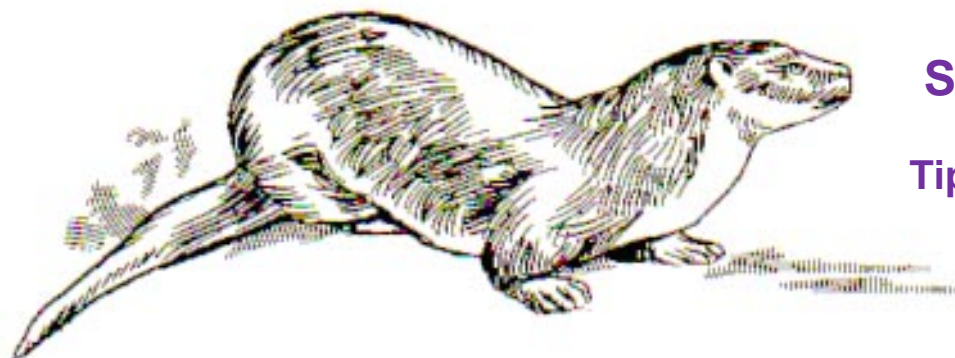


OTTER VALLEY RAIL AND RIVER RUN 2009



SATURDAY 11TH JULY
10.30am start
Tipton St John playing field

(fun run to start immediately after the 10km)

Approx 10km – multi terrain race (min age 16) + 2.5 mile fun run
(UKA licence number 20090533)

Both runs are mostly off-road on tracks, footpaths and fields. There are stiles and kissing gates, and some of the paths are uneven. The scenic undulating route of the 10km heads towards the hamlets of Venn Ottery and Fluxton, back into Tipton then, picking up the route of the fun runners, follows the old railway line between Tipton St John and Harpford, returning via the banks of the winding River Otter to finish on the playing field.

10km: £8; Discounted to £6 for EA Licenced Competitors. Fun Run: £3
Entries £1 extra on the day space permitting 10km race limit: 200

Organised by Tipton St John Playing Field Association
Registered charity number 1017119

In conjunction with the  **women's running network** under UKA rules

SOUVENIR FOR ALL AND MANY RANDOM PRIZES
+ 1st, 2nd and 3rd Male and Female and local runner awards and vet category certificates

The run is the third to be held by Tipton St John Playing Field Association. A registered charity, the association maintains the eight acre playing fields on behalf of the village. Proceeds from the run will go towards current fundraising and losses incurred following the floods of October 2008.

Otter Valley Rail and River Run - Saturday 11th July 2009 (NB: numbers will be posted from mid-June)

Please circle event and entry fee as appropriate: 10km £8 10km £6 EA Licenced Fun run £3

Cheques to be made payable to: Tipton St John Playing Field Association

I choose to enter the event at my own risk and agree to abide by UKA rules.

Name:.....Male/Female:.....DoB:.....Age on race day.....

Address:.....

.....Postcode:.....Email:.....

Tel: Affiliated Club:EA registration number:.....

Date:Signed:.....(to be signed by parent or guardian if under 18)

**Return form to: Jo Earlam, Brambledown,
Green Lane, Tipton St John, Sidmouth, EX10 0AH**

Closing date for receipt of postal entries 04-07-09
Please enclose an A5 SAE

(For more information contact race organiser Jo Earlam 01404 813933 jo.earlam@hotmail.co.uk)