

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 Beckamoor, 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