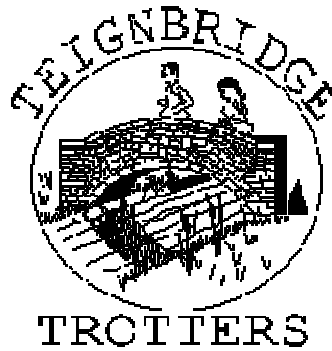


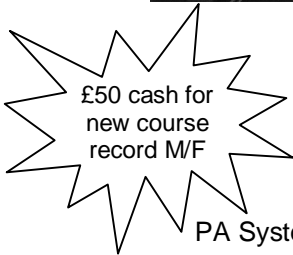
TOTNES 10K

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 10/61

SUNDAY 1st AUGUST 2010, STARTING AT 11:00AM

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

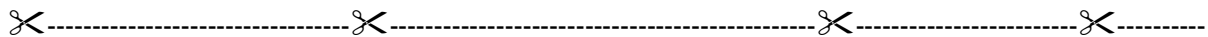
1 MILE FUN RUN

Around the perimeter of Borough Park – Starting @10.25am

Prizes for 1st & 2nd M/F U10 & M/F O10 - Awards to all finishers –

Entry £2.00 – **Enter on the day only**

Visit www.teignbridgetrotters.co.uk for up to date list of entries



ENTRY FORM

First Name: Surname:

Address:

.....

..... Post Code:

Tel No: Sex M / F:

Date of Birth: Age on 01/08/2010:

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