



TOTNES 10K

A scenic 10K route alongside the beautiful River Dart, on footpaths and bridlepaths



SUNDAY 6th AUGUST 2017
STARTING AT 11:00AM

Held under ARC Rules

ARC Permit ARC 17/191

Start and finish at Totnes Pavilion, Borough Park

£25 cash for any new vet course record

Entry Fee £12, discounted £10 ARC/EA affiliated (non-refundable)
** £2 additional cost for entries on the day **

Cheques payable to 'Teignbridge Trotters' **STRICT RACE LIMIT OF 600**

China
Blue



1 MILE FUN RUN for All Ages

Around the perimeter of Borough Park – Start 10.25am

Awards to all finishers, Entry £3.00, Enter via website or on the day

£50 cash for new course record M/F

Awards to 1st 5M/5F, Spot Prizes, Quality medal to all finishers

1st 2 in: MU18/M35/40/45/50/55/60/65/70, FU18/F35/40/45/50/55/60

First 2 Male Teams (6 to count) / First 2 Female Teams (4 to count)

PA System - Car parking – BBQ & Beer Tent - Trotters famous cakes - Changing Facilities - Showers - Bag Store

All entry enquires radnorterrace1@hotmail.com

Visit <http://www.teignbridgetrotters.co.uk/our-races/totnes-10k> or Facebook for more info

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TOTNES 10K ENTRY FORM **Please post to: TOTNES10K, 1 Radnor Terrace, Totnes TQ9 5JW**

First Name: Surname:

Address:

..... Post Code:

Tel No: Sex: M / F

Email:

Date of Birth:/...../..... Age on 06/08/2017:

ARC / EA Affiliated Club: We Do Not Need Your EA No.

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.

Signed Date/...../.....

Race No.