

# Newton Abbot (Dornafield) Ladies' 10K

Organised by Teignbridge Trotters  
A scenic 10k route through the villages of Ogwell and Denbury



**Sunday 24<sup>th</sup> September 2017**  
**Starting at 11:00am**



Held under ARC Rules      ARC Permit Number ARC 17/164

Start and finish at Dornafield Farm touring park, just off the A381 between Newton Abbot and Totnes  
**Car parking is very limited - please share lifts where possible**

Entry Fee £12, discounted £10 ARC/EA affiliated (non-refundable)

**FREE ENTRY TO ALL UNDER 18's**

\*\* £2 additional cost for entries on the day\*\*

Entry fee includes a £2 donation to the charity **Bowel Cancer UK** as nominated by our host Mr. Dewhirst of Dornafield  
Cheques payable to 'Teignbridge Trotters'

Post entries to: Ladies 10K, 18 Whiteway Road, Kingsteignton, Devon, TQ12 3HL along with an **A5 SAE**  
**STRICT RACE LIMIT OF 300**

**A unique memento for all finishers**

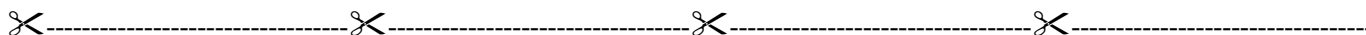
**Prizes awarded to the first 5 ladies and 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> category prizes U18, V35, V40, V45, V50, V55, V60**  
**Prizes for first 3 teams – 4 to count**

All entry enquiries please contact Liz Barnett; [ebarnett1@sky.com](mailto:ebarnett1@sky.com)  
Visit [www.teignbridgetrotters.co.uk](http://www.teignbridgetrotters.co.uk) for up to date list of entries

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## LADIES 10K ENTRY FORM

First Name: ..... Surname: .....

Address: .....

..... Post Code: .....

Tel No: .....

Email: .....

Date of Birth: ...../...../.....      Age on 24/09/2017: .....

ARC / EA Affiliated Club: ..... **(We do not need your EA number)**

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 Dornafield Ladies' 10k. I will be 15 years of age or older on the day of the race.

Signed .....

Date ...../...../.....

Race No.

Please return (with **A5 SAE**) to:  
**Ladies 10K, 18 Whiteway Road, Kingsteignton, Devon, TQ12 3HL**