



ARMADA ATHLETICS FORUM
Present



PLYMOUTH HOE 10 (Miles)

Incorporating the DEVON COUNTY CHAMPIONSHIPS
& "PENINSULA CHALLENGE" – Cornwall v Devon

Sunday 21st February 2010

(Under UK Athletics Rules)

Minimum age 17 – Race Limit 650

Starting & finishing at

BRICKFIELDS, DEVONPORT 10:00 am start

also

1.5 mile Fun Run starting at 10:15am

FUN RUN ENTRIES ONLY ACCEPTED ON DAY OF EVENT AND BEFORE 0930 - FEE £2.00

Medical support by St John Ambulance

Entry Fee £12.00 - Discounted Entry Fee for EA Competition Licence Holders - £10.00

CLOSING DATE 15/02/10 (if not full) – NO ENTRIES ON THE DAY

Quality Memento to all finishers

Certificate of course
accuracy

Enclose 9in x 6in SAE for Race Info and Race Number

Ensure correct postage is paid when entering or you will incur a charge.

10 MILE RACE PRIZES

One category prize only per athlete to the greatest value

MEN - First 3 Open + Vets O/40, O/45, O/50, O/55, O/60, O/65

LADIES - First 3 open + Vets O/35, O/40, O/45, O/50, O/55

Plus first three Men's & Ladies Teams – 3 to count

UKA Licence No
20091159

Further details: paul.ross25@blueyonder.co.uk

Surname		First Name	
Address		E Mail Address:	
Post Code		Telephone	
Date of Birth		Male / Female	
10 mile run	Fun Run	Affiliated Club EA Competition Licence Number (If unknown check with your Club Membership Secretary)	

To enter Devon County Championships, if eligible, please tick the box

I enclose a fee of £ _____ with SAE (payable to "ARMADA ATHLETICS FORUM")

I declare that I will abide by the rules of UK Athletics, I am over 17 (10mile) and agree that the organisers will not be liable for injury, illness, damage, action claim or expenses which may arise in the consequences of this event. I accept that medical support will be provided by St John Ambulance and I declare that I will not compete in the event unless I am in good health on race day and I compete at my own risk

Signed

Date

Parent / Guardian to sign for fun runners under 16

Entries to

Colin Bunting
3 Heritage Close
Saltash
Cornwall, PL12 4SX