

Alby's Memorial Braunton 10 Road Race

**North Devon Road Runners
In Association with
North Devon Hospice**



Under UK Athletics Rules
Permit No 20091058
Course Measurement No: 06/008R



Lycette Care - The Caring Choice

Main Sponsor

**Sunday 24th January 2010
11.00 a.m.**

North Devon Road Runners present:

Alby's Memorial

Braunton 10

Sunday 24th January 2010 11.00 a.m.

Athletics Track Braunton

10 mile road race

In memory of Albert Tythcott, our Club President

- **Changing accommodation immediately next to start & finish area (including showers & toilets,)**
- **room for refreshments & prize giving**
- **Fully marshalled road, medical facilities, two drinks stations**
- **Manned kit store for personal belongings**
- **Braunton 10 T-Shirt to all finishers**
- **Spot Prizes provided by James Benning, Estate Agents**

Individual prizes:

1st, 2nd and 3rd Male & Female

1st Male vet over 40/ 45 /50 /55 /60

1st Female vet over 35/ 40/ 45 /50 /55 /60

Team prizes:

Male: 1st & 2nd - *4 to count*

Female: 1st & 2nd - *3 to count*

Only one prize per runner – (excluding Team Prizes)

**Enquiries & Entry Forms (with large stamped addressed envelopes) to:
F Lane, The Willows, 4 Bramley Meadow, Landkey, EX32 OPB
further information, course details etc., available from the club website:**

www.northdevonroadrunners.webeden.co.uk

**Entry Fees will be £10.00 with a reduction of £2.00 for holders of a current,
valid UK Athletics Competition Licence.**

**Runners are welcome to register on the day but there will be an additional
charge of £2.00. Closing date for postal entries 18th January**

Alby's Memorial Braunton 10

Official Entry Form

Sunday 24th January 2010

11.00 a.m.

Under UK Athletics Rules

Permit No 20091058

Course Measurement No: 06/008R

Male Female

Surname: First name:

Postal address:

Town: County: Postcode:

Tel: (Home) Date of Birth: Age on day

UK Licence Number: Affiliated Club:

For UKA Permit events competitors MUST BE 17 years of age to compete. A signed entry form will be considered an acceptance of Uk Athletics rules, that you will run entirely at your own risk, that you have no medical disabilities which would endanger yourself or others taking part, and that the organisers will bear no responsibility for injury, or loss or theft of personal belongings.

Signed: Date:

T-Shirt size: S M L please circle appropriate size

Completed entry forms, fees (Cheques made payable to North Devon Road Runners) plus a 9" x 4 " S.A.E. should be sent to :

F. Lane, The Willows, 4 Bramley Meadow, Landkey, EX32 OPB

CLOSING DATE: 17th January 2010 (postal). Runners are welcome to register on the day but there will be an additional charge of £2.00.

Entry forms & further information also available from the club website

www.northdevonroadrunners.webeden.co.uk

OFFICIAL USE ONLY

Number

Entry fees: £8.00 £10.00 £10.00 / £12

Entry processed:



The Devon Autism Centre

G S Auto Tech *garage services*

Units 6 & 7, Chivenor Business Park, N Devon, EX31 4AY



- MOT classes 4, 5 & 7.
- All makes and models including all imports and 4x4.

Computerised wheel alignment.

- Vehicle servicing & repairs
- Used car sales.

Tel: 01271 814373
Fax: 01271 815823

MOT station 01271 817666

www.gsautotech.co.uk

email: sales@gsautotech.co.uk



TROPHYMAN

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Achievement*

JAMES BENNING

ESTATE AGENTS

4 CEDAR HOUSE · CAEN STREET ·
BRAUNTON · DEVON · EX33 1AH
TELEPHONE: 01271 815651

Sponsor of the Spot Prizes



EDD'S

GREENGROCER & FRUITERER



6 CAEN SHOPPING CENTRE
BRAUNTON NORTH DEVON

TELEPHONE: 01271 812351

FAX: 01271 813011