



The Fulfords Great West Run 5 Mile Race On Sunday 7th February 2010 at 11.00 am

- In Royal Avenue, Exmouth, Between the Exmouth Rugby Club & the Rear of the Sports Centre/Swimming Pool.
- Pre-race information will be available in The Sports Centre, from 9.30 am on the day of the race.
- All competitors on production of your race number can use Exmouth Sports Centre's Showering & Changing facilities.
- Extensive Prize List including Vet and Team Categories
- A perfect build-up race for The Great West Run in Exeter on 2nd May

Personal Details

First Name..... Surname

Date of birth..... (Min age 15 Years)

Male / Female.....

UKA affiliated Club.....

Address.....

Postcode:.....Telephone.....

E-mail Address.....

Entry Details

Entry fee:£10.00. UKA members fee £8.00 (£2 saving) (cheques payable to Exmouth Harriers)

Please note entry fee is £2.00 extra on the day.

EA Competition License number.....

Please send completed form, with a large SAE, *don't forget the extra postage for large letter* to:

Bob Keast 5 Caroline Close Exmouth EX8 4AZ

Closing date for postal entries: Monday 1st February 2010

A signed entry form will be considered as acceptance of UK Athletics rules, and a declaration that you will compete on foot and run entirely at your own risk. No dogs or following cycles.

Signature..... Date.....

Held under UK Athletics rules, license No 2009-100251, course certified accurate