



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

**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

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

Certificate of course accuracy
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UKA Licence No 20091159
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<b>Surname</b>		<b>First Name</b>	
<b>Address</b>		<b>E Mail Address:</b>	
<b>Post Code</b>		<b>Telephone</b>	
<b>Date of Birth</b>		<b>Male / Female</b>	
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	<b>Colin Bunting</b> <b>3 Heritage Close</b> <b>Saltash</b> <b>Cornwall, PL12 4SX</b>
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