



IRONBRIDGE RUNNER
With you every step of the way



THE EXE TO AXE

A grade 'B' Fell Race organised under the auspices of the Fell Runners Association by the Sidmouth Running Club and sponsored by Ironbridge Runner.
Under UK Athletic Rules

SUNDAY 4 April, 2010 STARTING AT 10.00 AM

The race starts at the Foxes Hole Car Park on the Exmouth Sea Front and follows the breathtaking East Devon Coastal Path for 20 miles finishing at the Hook and Parrot on the Esplanade at Seaton.

The race is for individuals and relay teams of four or less runners. There are three handover/check points at Budleigh Salterton, Sidmouth Sailing Club and Branscombe Mouth. There will be drink stations at these points and a back marker but no course marshals.

Transport will be provided from the Finish to the Start but **only before the race** - leaving Seaton at 8.30 am and on condition that we are told in advance. Please indicate on the entry form if this is required so that we can cater for numbers. Entries on the day will only be taken at the start and we can not supply transport after the race. Hand baggage or kit can be transported from the start to the finish if required

There will be mementoes/medals for all finishers and prizes depending upon entries but most runners just come for the views. Further details about the route, safety rules and so on will be posted to runners together with their race number but may also be found on our Club website www.sidmouthrunningclub.org.uk

ENTRY FORM

Name, or names of team members (Please indicate Male/Female and Dates of Birth):

Name of team and/or Club.....

Contact address with Post Code.....

Telephone No. and e mail address.....

Transport To the Start From the Tram Terminus, Seaton (pre race) Yes / No

Closing date for postal entries Tuesday 30 March '10

Entry fees are £8 for individuals/ £5 a head for teams plus £2 a head for entries on the day.

If transport required please add £5 a head

Age limit - no runners under the age of 18.

I/we declare that I/we am/are fit to run and understand that I/we do so at my/our own risk. The organisers shall not be held responsible for any injury, loss or damage arising as a result of my/our participation in this event.

Signature(s):.....Date.....

Please make cheques payable to Sidmouth Running Club and enclose a SAE with your entry to 'Exe to Axe' c/o 1, Stanhope Drive, Sidmouth, Devon EX10 9JE.