

**THE FOURTEENTH  
10 K  
COURT CANTER**

**Sunday 25<sup>th</sup> April 2010 at 11.00am**

**At**

Arlington Court, Nr. Barnstaple, North Devon.

**UK ATHLETICS RULES LICENCE No. 2010-0016**

**Voted one of the toughest but most scenic off road runs in  
The West Country. The Undulating course is through woodlands  
and Parks all within the scenic National Trust Arlington Estate**

**Tom ThumbFun Run for the youngsters 11.15am**

**Facilities: Toilets, changing tents, refreshments, drinks stations.**

**Tearoom: Open from 10.30am.**

**Car Parking: Free and adjacent to changing & registration area.**

**Mementoes: T-shirts for all competitors completing the course.**

**Commemorative Local Pottery for first place in all categories**

**Entry Fee All categories (except Tom Thumb Fun Run)  
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  
Tom Thumb Fun Run £2.00**

Cheques made payable to:- North Devon Road Runners

**Closing Date:- On the day Entry limit:- None**

Enquiries & entries to:- Tom McClenaghan, Tel. 01271-850469

ASHELFORD, EAST DOWN, NR. BARNSTAPLE, DEVON EX31 4LU

**DO NOT SEND SAE.** ENTRY FORMS ALSO AVAILABLE FROM SITE

[www.northdevonroadrunners.webeden.co.uk](http://www.northdevonroadrunners.webeden.co.uk)

**COLLECT NUMBER ON RACE DAY CHEQUE CASHED = PROOF OF ENTRY**

**ENTRY FORM**

First Name.....

Surname.....

Address.....

.....

MALE

FEMALE

Date of birth..... Age on race day.....

**MY UK LICENCE NUMBER.....**

Affiliated Club/Unattached .....

**I declare that to the best of my knowledge I will be  
Medically fit to run in the above event and understand  
organisers of the event will not be held liable for any injury  
illness or loss to person or property however caused.**

**I enclose a cheque/PO in the sum of £.....  
in respect of .....number entries at £8/ £10/ £12  
and Tom Thumb Fun Run..... at £2.00 per entry**

UNDER UK ATHLETICS RULES

Signed ..... Date .....

