



ERME VALLEY HARRIERS



Present



The Ivybridge 10K



Course Accuracy Certificate:
07/052r

Race Limit: 750
(2009 event sold out)

Minimum Age: 15

Saturday 15th May 2010 – 6:30 pm

Starting at: Ivybridge Station Car Park

Finishing at: Ivybridge Rugby Club

For more details see www.evh.5u.com



£11 Entry fee

£9 England Athletic Competition Licence Holders

(All cheques payable to Erme Valley Harriers)

NO ENTRIES ON THE DAY!

Closing date for entries: 10th May 2010

Quality Technical T-shirt to all finishers

Prizes categories as follows:

(One prize per runner – With exception of team prizes)

Men: 1st, 2nd, 3rd, 1st V40, 2nd V40, 1st V45, 2nd V45,
1st V50, 2nd V 50, 1st V55, 1st V60, 1st V65, 1st Local, 1st Local Vet,
1st Team, 2nd Team

Women: 1st, 2nd, 3rd, 1st V35, 2nd V35, 1st V40, 2nd V40, 1st V50, 2nd
V50, 1st V55, 1st V60, 1st Local, 1st Team, 2nd Team

IVYBRIDGE 10K 2010 ENTRY FORM

SURNAME FIRST NAME

ADDRESS DATE OF BIRTH

..... AGE ON RACE DAY

TELEPHONE NUMBER MALE / FEMALE

T-Shirt size (Please Circle) S M L X L

Do YOU hold a current England Athletics Competition Licence?

If in doubt, please consult your club membership secretary (Note: This is a 7-digit number)

YES: Entry fee is £9 NO: Entry fee is £11

EA AFFILIATED CLUB

SIGNED DATE

No Refunds or Referrals. Transferring a number is free. The recipient must complete an entry form, with a covering letter sent to the entries secretary.

I ENCLOSE A CHEQUE FOR £ WITH LARGE (A5 size) SAE (PAYABLE TO ERME VALLEY HARRIERS)

I declare that I will abide by the rules of UK Athletics, I am over 15 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 St John Ambulance will provide medical support and I declare that I will not compete in this event unless I am in good health on race day and I compete at my own risk.

ENTRIES TO: Entries Secretary,
41 Cleeve Drive, Ivybridge, Devon, PL21 9BW

Note: If no SAE is received or additional postage is required then your race number will not be returned. Please contact us if not received (see website for more info).

With thanks to our sponsors:



Satellite Sports
35 Glanvilles Rd,
Ivybridge
01752 894907

