



Multi-Terrain 10k{ish} Run

UK Athletics Licence applied for

Sponsored by:-

Organised by:-



Sunday 23rd May 2010

Start 10:30 am, Race HQ: Crediton Rugby Club

Open to Males & Females

Cost: Licensed £9, Unlicensed £11, Entry on day: £2 extra

Closing date for entries: Friday 14th May, subject to limit not reached (400 max)

Memento to all finishers

Online entries at www.womensrunningnetwork.co.uk/southwest/events.htm

Yes I would like to run the Crediton Crunch being held in Crediton on 23rd May 2010

Name:..... Tel:..... Male/Female

Address:..... DOB.....

Licensed: Yes/No Licensed Club:..... EA Licence no:.....

I declare that I am an amateur as defined by UKA rules, that I am medically fit to run and understand that I enter at my own risk. The organisers shall not be held responsible or liable for any injury, loss or damage arising as a consequence of my participation in the Crediton Crunch. Minimum age to run this race is 15 years old.

I enclose my cheque payable to WOMEN'S RUNNING NETWORK, a **large** stamp and **large** SAE for race number and information.

Signed:..... Date:.....

Please return to: Women's Running Network, Unit 43 Old Mill Trading Estate, Stoke Canon, Exeter, Devon EX5 4RJ

