



Okehampton Running Club

Presents

The Oke Croak

Saturday 28th August 2010 11:00 a.m.

Race No.

This is the return of the Oke Croak, a beautiful but tough fell run 'a must for all those that enjoy off road running' ascending the beautiful tree lined West Okement river valley before entering the high and rugged moor land of Northern Dartmoor.

The course is 10.4 miles and involves 2000 ft ascent over high moor land over rough unmarked terrain, to be held under the rules of the Fell Runners Association, race classification BM. There are a number of checkpoints but self navigation is required and all runners should be prepared for this.

Race Headquarters and Start/Finish at **Okehampton Football Club**, Simmons Park, Okehampton EX20 1EP Toilets, Changing and Parking

Entry cost £8.00 in advance or £9.00 on the day.

Final date for postal applications is 23th August 2010, applications received after that date can be collected from the registration desk at Race Headquarters on the day

More information on the club website at www.okehamptonrunningclub.com or call 07885678671

Please send the following entry (Cheques payable to "Okehampton Running Club"), with A5 SAE to: The Race Secretary, 2 Kings Way, Lewdown, Okehampton EX20 4DQ

First Name:

Surname:

Postal Address:

Phone number:

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Email:

Age on day of race:

Club:

Category (Tick below as appropriate:

Male		V40		V50		V60	
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Female		LV35		LV45		LV55	
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Emergency Contact:

Phone No.

I UNDERSTAND THAT THIS RACE IS HELD IN ACCORDANCE WITH BOTH THE RULES AND SAFETY REQUIREMENTS OF THE FRA. I CONFIRM THAT I AM AWARE OF THE ORGANISER'S INFORMATION AND REQUIREMENTS IN CONNECTION WITH THIS RACE. I ACCEPT THE HAZARDS INVOLVED IN FELL RUNNING AND ACKNOWLEDGE THAT I AM ENTERING AND RUNNING THIS RACE AT MY OWN RISK. OTHER THAN THE ORGANISER'S LIABILITY FOR CAUSING DEATH OR PERSONAL INJURY BY NEGLIGENCE, I CONFIRM THAT I UNDERSTAND THAT THE ORGANISER ACCEPTS NO LIABILITY TO ME FOR ANY LOSS OR DAMAGE OF ANY
Yes, I understand that I will probably get tired, muddy, wet and very irritable with the race organisers.

Signed

Dated: