



Presents...

# The BACK IN FIVE

**5<sup>th</sup> September 2010 -11am**

under UKA rules – permit no 2010-0490

An accurately measured 5 mile road race along quiet, undulating country lanes passing through the villages of St-Giles-in-the-Wood and High Bullen.

Start from Torrington Rugby Club (Changing, showers and refreshments available)

Registration: from 09:30

£9 advance entry - £11 on the day

£2 discount for UKA licence holders



Prizes: (must be claimed on the day)

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> .....Senior Male/Female

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> .....Vet. Male/Female

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> .....Vet. Male over 50/ Vet. Female over 45

1<sup>st</sup> .....Unattached Torrington Male/Female

1<sup>st</sup> .....Junior Male/Female

## Entry Form

Name.....

Tel no .....

Address.....

Postcode .....

Date of Birth.....

Age on race day .....

Category (please pick from categories above and indicate here).....

Affiliated Club.....

UKA Licence number.....

Competitors will be given their race numbers on the day. If you require confirmation of your entry then please enclose SAE with your entry form and fee.

I understand that I take part in the *Back In Five* entirely at my own risk under UKA rules and agree not to hold Torrington AAC or any person involved in the organisation responsible in any way for injury or loss as a result of my participation in the event. TAAC regret that this race is not suitable for wheelchairs. I am over 15 year s of age.

Signed (Parent/Guardian if under 18) ..... Date..... Fee Enclosed.....

Please make cheques payable to Torrington AAC and post to:  
Torrington AAC Secretary, The Granary, Peagham Barton, St Giles-in-the-Wood EX38 7HZ

[www.torringtonaac.org](http://www.torringtonaac.org)