

Axe Valley Runners and Charmouth Primary School present

HIGH WAYS and SKY WAYS

at 09:30 on Sunday 12th September, 2010

8 tops in 16 glorious miles east of Charmouth

Also HALF WAYS and SHORT WAYS with 4 tops in 8 miles

Under Association of Running Clubs rules; permit number 10/175.

A collaboration between the people who bring you The Grizzly and The Charmouth Challenge ... you do like hills, don't you? Very much like Sidmouth RC's most excellent Four Trigs but with even nicer scenery. Self-navigation although we expect to produce a route description for those whose map reading skills leave something to be desired ... you know who you are! No back markers; marshalls only at the water stations.

Map of checkpoints and nominal route on our website. Start and finish at Charmouth Primary School with all proceeds going to the school. Minimum ages are 18 for High Ways and 17 for Half Ways.

Closing times will be published for all checkpoints in the final info; anyone arriving later will be pulled out. This is to protect us from ridiculously slow "runners", not to prevent anyone perfectly capable of finishing within a reasonable time from doing so.

A few prizes for overall age-graded results combining High Ways with last January's Four Trigs.

Entry fee £7 for High Ways and £5 for Half Ways, plus £2 for unaffiliated runners, to include refreshments of the tea/coffee/pasty/cakey variety at the finish. Pre-entries by Saturday 4th September. Entries on the day £2 extra but may not get food if we don't cater for enough so you are encouraged to enter in advance.

Send your entry form with cheque payable to "Axe Valley Runners" to Garry Perratt, Coomb Bank, Cooks Lane, Axminster, Devon EX13 5SJ (01297 34604 / Garry.Perratt@AxeValleyRunners.org.uk). If you want to run under a hash name please list it before your geek name.

Entries will be confirmed by email and cashing of cheque. Collect numbers on the day. Final info and route description primarily via download a few weeks before the race; if you don't have Web access please ask for a hardcopy on the form and enclose an SAE but it will just be a print of the webpage.

HIGH WAYS AND SKY WAYS 2010

Name: Gender:

Club: DoB:

Address:

Phone: Email:

Event entered: High Ways & Sky Ways / Half Ways & Short Ways Hardcopy info required? Yes / No

I understand that the route will not be marked or marshalled and that I am responsible for finding my own way safely round the course, will participate only if medically and physically fit to do so, will abide by the rules of the event and will not hold the organisers or their assistants liable for any loss or injury.

Signed: Date: