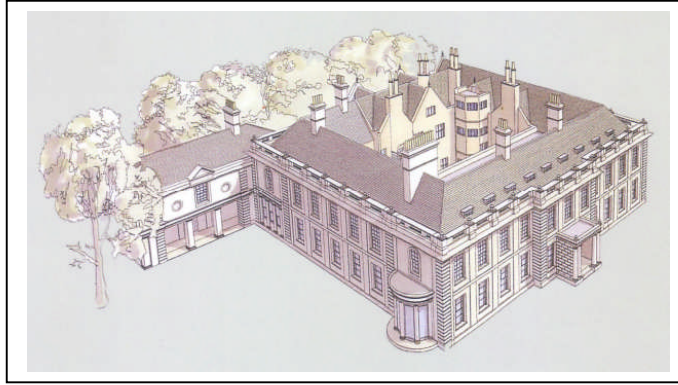




SOUTH WEST ROAD RUNNERS



Sponsored by

Ashfords

Solicitors



POLTIMORE POOTLE

10.30 a.m. Sunday 19th September 2010

Poltimore House, Poltimore, Exeter

(Race Licence applied for)

The House Trust charity restoring Poltimore House have asked the same people who brought you the Woodbury Wobbler, Luppitt Lollop, Killerton Kanter and Broadclyst Bimble to put on a multi-terrain race over paths and tracks around the House. Well, we found a nice route, found a few hills - then we ran out of tracks and then couldn't find any suitable paths so we had to use the stream instead. So if you want to see inside the house, have a proper cross country run that is guaranteed to change the colour of your trainers, and want to sample some of the volunteers' tea and cakes afterwards then sign up below.

Distance 10.6 kilometres (that's an approximate distance)

Height gain 104 metres

Water obstacles, farm animals, hedges, styles, several squishy bits, with the option of lots of squishy bits if it's raining)

IRONBRIDGE RUNNER
With you every step of the way

Start list, race details and how to get to Poltimore will be posted on the Club website (www.swrr.co.uk) from the start of September. Please arrive with sufficient time to register and collect your numbers. There will be guided tours around the house to see the restoration throughout the day.

Name:

Address:

.....

.....Tel:

E-Mail:

Date of Birth: Age:

Sex:(Answers restricted to Male or Female, but can't remember is accepted in certain circumstances)

Club:

Signed: Date:

ENTRY: £7.00 or £9.00 (Unattached)

(There will be a mug for all finishers which you can use in the cafe afterwards to save us the washing up)

Tick appropriate boxes

Attached	Unattached
<input type="checkbox"/>	<input type="checkbox"/>

Cheques or P.O.'s made payable to South West Road Runners please. **Entries to Dave Pressley, 22 High Street, Bradninch, Exeter, EX5 4QL.** (E-mail: d.pressley@btopenworld.com)
Remember to send at least a 9.x 5 SAE for your race information if you don't give us an E-mail address. Entries will be accepted on the day if the 200 limit has not been reached, however you will have to pay an extra pound to cover the extra work this entails.