



INSTINCTIVE SPORTS FUN RUNNERS OF PLYMOUTH

www.instinctivesports.co.uk

Present the 9 Country Mile MULTI TERRAIN

PLYM VALLEY CHALLENGE

(UK Athletics Rules Licence Number 20100112)

Sunday 13th June 2010

University College Plymouth MARJON

In aid of St Luke's Hospice

Start times: Fun Run 9.30 am

Main Race 10 am

AWARDS

T- Shirt to all finishers

First 3 Male and Female overall and 1st in veteran categories

First teams: Male and Female (3 to count)

Race limit 300

(Entries on the day accepted up to race limit. Numbers for late postal entries can be collected on day)

Entry Fees: £12.00 Discounted entry fee for EA Competition Licence holders £10.00
(£2 extra for entries on day)

Fun Run: £1.50 (enter on the day) distance approximately 1 mile around playing fields

Medical support by St. John Ambulance

Closing date for postal entries: Sunday 6th June

*** PARKING * REFRESHMENTS ***

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SURNAME..... FIRST NAME..... M/F.....

ADDRESS.....

POSTCODE..... TEL No..... EMAIL.....

DATE OF BIRTH..... AGE ON DAY..... (MUST BE 17+)

AFFILIATED CLUB/UNATTACHED..... Competition Licence No.....

I declare that I will abide by the rules of UK Athletics. I am over 17 years of age and accept that the organisers will not be liable for injury, illness, damage, action claim cost or expense which may arise in the consequences of this event. I declare that I will not compete in the event unless I am in good health on race day and I compete at my own risk.

Signed..... Date..... Fun Run to be signed by Parent/
Guardian

Fee enclosed £.....

Cheques made payable to **Instinctive Sports** and send to:
Dawn Wilson 45 Langdale Close, Estover PL6 8SP Tel: 01752 248301 Email nige.dawn@blueyonder.co.uk
Please enclose a 9"x6" (A5) SAE for race details and number.

Satellite Sports
35 Glanvilles
Mill
Ivybridge
PL21 9PS

01752 894903

kissimmeevillas.co.uk

YOUR HOLIDAY HOME
IN FLORIDA