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Davisons
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10k RUN and 3k FUN RUN ENTRY FORM Sunday 17th May 2015

Under ARC Rules Permit No: 15/181

Venue

Glebe Recreation Field, Barnstaple Hill, Swimbridge, North Devon
Parking – toilets – refreshments – first aid – stewards – insurance.
Please note no dogs on the Glebe Field or on the route to respect landowners wishes.



3k Fun Run (8 – 14 years)

Entry fee £3.50 (additional £2 if entering on day)
The 3k starts at 10.30 am from Swimbridge to Hannaford return.
Parents are not permitted to run with their children in the 3k.

3k Fun Run Prizes – 1st, 2nd and 3rd in four categories

8 – 11 years M
8 – 11 years F
12 – 14 years M
12 – 14 years F

In addition, prizes for Swimbridge runners.

10k Run (minimum age 15 years) (additional £2 if entering on the day)

Entry fee: Affiliated Running Club Member (ARC): £10 /Non-affiliated: £12

The 10k run starts at 11.30 am up and over Swimbridge hills – part road, part track, stream crossings, woodland paths and stunning views – via the old silver mines and Daffodil Valley passing through the picturesque hamlets of Hannaford, Hearson, Wrimstone and Dennington.

10k Run Prizes in six categories

15 yrs+ M 1st, 2nd, 3rd
15 yrs+ F 1st, 2nd, 3rd
Veterans 40+ M 1st / F 1st
Veterans 50+ M 1st / F 1st

In addition, prizes for Swimbridge runners.

Closing date for postal entries Monday 11th May 2015

Alternatively, you can register on line (additional on-line registration charge):

<https://www.sportsystems.co.uk/ss/event/SwimbridgeRun123>

Race Administrator: Fran Lane, 4 Bramley Meadow, Landkey, Barnstaple, EX32 0PB.

Tel: 01271 830345 / Mob: 07773 186 036 / Email: frances.lane@hotmail.co.uk

In aid of Swimbridge Jubilee Hall, Registered charity no 300983

www.swimbridgejubileehall.com

SWIMBRIDGE 10k RUN and 3k FUN RUN ENTRY FORM Sunday 17 May 2015

Please complete this entry form in **BLOCK CAPITALS** and return with your entry fee.

Mr/Mrs/Miss/Ms	First name:	Surname:	
DOB (DDMMYY):	Age:	M / F :	3k's: Do you currently attend Swimbridge School? Y / N
Address:			
Tel no (daytime):		Postcode:	
Mobile no:		Email:	
Name of affiliated club (if applicable):		ARC no (if applicable):	
Do you suffer from any illnesses, or use any medication the organisers should be aware of. If yes, please give details. Yes / No			
Emergency contact name:		Emergency contact tel no:	
Please circle category entered: Parent/guardian to sign for under 18's			
3k fun run at 10.30 am:	Male / Female	8 – 11 yrs / 12-14 yrs	
10k run at 11.30 am:	Male / Female		
Cheques payable to "Swimbridge Jubilee Hall" . Please collect your run number from Registration on the day of the event. We will confirm your entry by text or email. If you require confirmation in writing please send a SAE to Race Administrator: Fran Lane, 4 Bramley Meadow, Landkey, Barnstaple, EX32 0PB. Tel: 01271 830345 / Mob: 07773 186 036 / Email: frances.lane@hotmail.co.uk			
I agree to abide by the rules and understand that the organisers will not be held responsible for any injury, illness or accident to myself or loss of my property as a result of my participation in this event. Organisers have the right to cancel race and no refunds. I note that the information I have provided on this entry form will be used for the purpose of producing race results, for health & safety purposes and to keep me informed of future events.. Information will not be passed to any other person or agency.			
Signature of all applicants:		PRINT NAME:	
Signed consent of parent/guardian of applicants under 18:			
If you DO NOT wish to give consent for your photograph to be used in the promotion and publicity of this event, please tick the box: <input type="checkbox"/>			



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