



INSTINCTIVE SPORTS PLYMOUTH

www.instinctivesports.co.uk

Present the 7 Country Mile MULTI TERRAIN

PLYM VALLEY CHALLENGE

(UK Athletics Rules Licence Number 2015-14439)

**ROBINS &
MOORE**

GOLDSMITHS
www.robins-moore.co.uk

Sunday 14 June 2015
TOR BRIDGE HIGH SCHOOL, ESTOVER

In aid of St Luke's Hospice

Start times: Fun Run 9.30 am
Main Race 10 am

AWARDS

Memento 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 online/late postal entries can be collected on day)

Enter online (see website) or by post

Entry Fees: £10.00 Discounted entry fee for EA Competition Licence holders £8.00

£1 extra for online entries/ £2 extra for entries on the day

Fun Run: £1.50 (enter on the day) distance approximately 1 mile around Tor Bridge High

Medical support by Dartmoor Rescue Group

Closing date for postal entries: Sunday 7 June 2014.

* PARKING * REFRESHMENTS *

✂-----

SURNAME..... FIRSTNAME..... 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.



KenmareHR

www.kenmarehr.co.uk
HR Consultancy

Charlies Garage

Galileo Close
Plympton

01752 335565