



# INSTINCTIVE SPORTS PLYMOUTH

[www.instinctivesports.co.uk](http://www.instinctivesports.co.uk)

Present the 7 Country Mile MULTI TERRAIN

## PLYM VALLEY CHALLENGE

(UK Athletics Rules Licence Number 2017-28662)

### Sunday 11 June 2017

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 1<sup>st</sup> 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 4 June 2017.**

\* PARKING \* REFRESHMENTS \*

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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](mailto:nige.dawn@blueyonder.co.uk)  
Please enclose a 9"x6" (A5) SAE for race details and number.

