

Sunday 4th February 2018 at 10:00 a.m.fulfords  **5 Mile Race**

- Start and Finish at The Strand Pedestrian Area.
- Two laps of Exmouth Town and Sea Front with good access for spectators.
- Race HQ in Exmouth Sports Centre, Imperial Road, Exmouth EX8 1EN from 08:30 on race day.
- Changing/showering facilities available.
- Extensive award list in 5 year categories and teams, including Vet categories.
- A perfect first race, or an early season warm up.
- Exmouth Harriers supporting running in Ethiopia through Wukro Devon Running Project.
- Awards to be presented at approximately 11.15 a.m. in Wings Bar (opposite Race H.Q.). These will be preceded by the Instep awards at 11.00 a.m..

Personal details

First name..... Last name.....

Date of birth.....(min age 15 yrs) Sex.....

Running club..... Affiliated Yes / No (Please circle)

Address.....

Post Code.....

Tel.....Email.....

£12 (£10 for Affiliated club members)

£2 extra on the day (cheques payable to Exmouth Harriers)

Please send completed form, with a Stamped Self Addressed Envelope to:

Exmouth Harriers, C/O Greendale, Fortescue Road, Sidmouth EX10 9QGClosing date for postal entries: Monday 29th January 2018.

A signed entry form will be considered as acceptance of ARC rules, and a declaration that you will compete on foot and run entirely at your own risk. No dogs, following cycles. or mobile music devices.

Signature..... Date.....

Held under ARC rules, Permit No ARC/8/005