



EXMOUTH EXPRESS

FIVE MILE ROAD RACE SPONSORED BY
CLIMB SOUTH WEST
SUNDAY 3RD FEBRUARY 2019
Start 10.00 A.M.

- Start and Finish at The Strand Pedestrian Area.
- Fast 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. Part of the Devon Instep Championships.
- Exmouth Harriers supporting running in Ethiopia through Wukro Devon Running Project.
- Awards to be presented at approximately 11.30 a.m. in Wings Bar (opposite Race H.Q.).

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.....

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£12 (£10 for Affiliated club members)
£2 extra on the day (cheques payable to Exmouth Harriers)
Numbers to be collected on the day from Race H.Q.

Post completed entry form with cheque to
Exmouth Harriers, C/O Greendale, Fortescue Road, Sidmouth EX10 9QG
Closing date for postal entries: Saturday 26th January 2019.

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.....