

Newton Abbot (Dornafield) Ladies' 10k



**British
Association
of Road
Races**

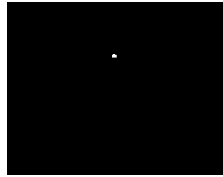
Held under UKA rules

Organised by Teignbridge Trotters

A scenic 10k route through the villages of Ogwell and Denbury

Kindly sponsored by:

IRONBRIDGE RUNNER
With you every step of the way



Permit Number 6613

SUNDAY 14TH SEPTEMBER 2008, STARTING AT 11.00am

Start and finish at Dornafield Farm Touring Park, just off the A381 between Newton Abbot and Totnes

Car parking is very limited-please share lifts where possible

A unique memento for all finishers

Prizes awarded to the first 10 ladies and 1st and 2nd in each 5-year age group. Prizes awarded to the first 3 teams, each team consisting of 4 runners

Entry Fee £8.00(UKA and attached) £10 (unattached)

Entries on the day £2 extra. Race limit 300

Fee includes a £1 donation to the charity **Bowel Cancer UK** as nominated by our host, Mr Dewhirst of Dornafield

Entry Form

Surname _____ First Name _____

Address _____

_____ Post code _____

Tel No _____

Date of Birth _____ Age on day of Race _____

UKA Affiliated Club _____

I declare that I am an amateur as defined by UKA rules, that I am medically fit to run and understand that I enter at my own risk. The organisers shall not be held responsible or liable for any injury, loss or damage arising as consequence of my participation in the Dornafield ladies' 10k. I will be 15 years of age or older on the day of the race.

Signed _____ Date _____

Please send entry form, together with a cheque made payable to **TEIGNBRIDGE TROTTERS** and an **A5 S.A.E, to:**

Roger Hayes, 69 Teignmouth Road, Teignmouth, Devon. TQ14 8UR

To arrive no later than Friday 12th September 2008