

Axe Valley Runners & Umborne Hall Committee bring you the

Umborne Ug 10k

SATURDAY 29th June 2019 at 6.00pm

Held under the Association of Running Clubs rules.

The Ug is a scenic multi-terrain 10k run starting and finishing at Umborne Village Hall EX13 7QL
(Directions are available on the AVR website)- Proceeds in aid of hall funds.

Limited car parking (car share if possible please) and toilets at the Hall - First aid on hand.

Prizes: 1,2,3 M & 1,2,3 F, plus 1st MV40, 50, 60 & 1st FV35, 45, 55.

Minimum age 16. Results after the race at www.axevalleyrunners.org.uk.

There is also a 2.5k **Fun Run** starting at 6.10pm. (under 8's accompanied by an adult please).

BBQ, Bar, hot drinks and cakes – bring the whole family!

Entry fees: £8 affiliated, £10 unaffiliated, £2 extra on the day. Fun run £3

Cheques payable to “Umborne Hall”. **Part of the East Devon Community Race Series.**

Enquiries to: rickandeleonor@btinternet.com

Pick up numbers on the day.

Send entries to: Rick Wood, Pear Tree Cottage, Shute, Axminster, Devon EX13 7QG

UMBORNE UG 10k 2019

Name: _____

Club (if any): _____

Age on race day: _____ Gender: M / F

Address: _____

Postcode: _____

Phone: _____ Email: _____

I declare that:

- I will take part in this run at my own risk and I understand that neither the organiser nor any person or body involved in the organisation of the event will be held liable for any injury, loss or illness however occasioned, resulting from participation.
- I will not participate on the day unless I am fit to run in the event and that I will be 16 years or older on the 29th June 2019
- I will abide by the rules laid down by the organisers.

SignedDate:.....