

Axe Valley Runners and Umborne Hall Committee bring you the

Umborne Ug 10k

SUNDAY 1st July 2018 at 11.00am

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 11.10am. (under 8's accompanied by an adult please).

Lots of hot drinks, cakes, bacon butties at the hall afterwards – bring the whole family!

Entry fees: £8 affiliated, £10 unaffiliated, £2 extra on the day. Fun run £3 4m Walk. 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 2018

First name: _____ Surname: _____

Club (if any): _____

Sex: M ___ F ___ Date of birth: _____ Age on race day: _____

Address: _____

_____ Post code: _____

Phone: _____ Email: _____

I declare that:

- a) 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.
- b) 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 1st July 2018
- c) I will abide by the rules laid down by the organisers.

SignedDate:.....