



ARMADA ATHLETICS FORUM  
Present

An Athletics Network



## PLYMOUTH HOE 10 (Miles)

Sunday 19th February 2012

(Under UK Athletics Rules)

**Incorporating the DEVON COUNTY CHAMPIONSHIPS  
and PENINSULA CHALLENGE (CORNWALL v DEVON)**

**Minimum age 17 – Race Limit 650**

Starting & finishing at

**BRICKFIELDS, DEVONPORT 0930 START**

Also **MINI QUAD KIDS EVENT 0945 START** (medal to all entrants)

**QUAD KIDS ENTRIES ONLY ACCEPTED ON DAY OF EVENT AND BEFORE 0900 - FEE £2.00**

**NO HEADPHONES TO BE WORN IN THE RACE**

Medical support by St John Ambulance

Entry Fee £14.00 - Discounted Entry Fee for EA Competition Licence Holders - £12.00

**CLOSING DATE 13/02/12 (if not full) – NO ENTRIES ON THE DAY**

Quality Memento to all finishers

**Enclose 9in x 6in SAE for Race Info and Race Number**

Ensure correct postage is paid when entering or you will incur a charge.

### **10 MILE RACE PRIZES**

*One category prize only per athlete to the greatest value*

*MEN - First 3 Open + Vets O/40, O/45, O/50, O/55, O/60, O/65*

*LADIES - First 3 open + Vets O/35, O/40, O/45, O/50, O/55*

Plus first three Men's & Ladies Teams – 3 to count

Further details: paul.ross25@blueyonder.co.uk

Certificate of course  
accuracy  
South 11/007

UKA Licence No  
2012-102808

<b>Surname</b>		<b>First Name</b>	
<b>Postal Address</b>		<b>E Mail:</b>	
<b>Post Code</b>		<b>Telephone</b>	
<b>Date of Birth</b>		<b>Male / Female</b>	
10 mile run	Quad Kids	Affiliated Club	
EA Competition Licence Number (If unknown check with your Club Membership Secretary)			

**To enter Devon County Championships, if eligible, please tick the box**

I enclose a fee of £\_\_\_\_\_ with SAE (payable to "ARMADA ATHLETICS FORUM")

I declare that I will abide by the rules of UK Athletics, I am over 17 (10mile) and agree that the organisers will not be liable for injury, illness, damage, action claim or expenses which may arise in the consequences of this event. I accept that medical support will be provided by St John Ambulance and I declare that I will not compete in the event unless I am in good health on race day and I compete at my own risk. I agree that I will not wear headphones during the event.

Signed	Date
Parent /Guardian to sign for Quad Kids event for children under 16	

Entries to	<b>Entries Secretary</b>
	<b>65 Copse Road</b>
	<b>Plympton</b>
	<b>Plymouth. PL7 1QB</b>