



# East Devon Way Relay

8:30 and 9:30am on Sunday 13th May, 2012  
Held under ARC rules (permit 12/11).



Axe Valley Runners again present this 12/13-stage relay race along the 42-mile route from Exmouth to Lyme Regis with the whole route also being run as an ultra endurance race. We will not mark the route except perhaps at a few critical points, but comprehensive notes and aerial photos with route overlay will be provided and the official waymarking is reasonable in most parts.

One main road crossing will be marshalled for safety and relay teams and ultra runners will be checked through two other handover points as well which will double as water stops for the ultra runners with additionally some unmanned water stops but other than that you're on your own. There will be no back marker but it will be fun! It's a good route with some lovely views and great running through the East Devon Area of Outstanding Natural Beauty.

Maps, route notes and other info are on our website [www.AxeValleyRunners.org.uk](http://www.AxeValleyRunners.org.uk). The whole route is also covered by the OS 1:25,000 Explorer maps 115 (Exmouth and Sidmouth) and 116 (Lyme Regis and Bridport) or a walkers' guidebook published by East Devon District Council (ISBN 1-8552-230-2).

Contact: [Chris.Irving@AxeValleyRunners.org.uk](mailto:Chris.Irving@AxeValleyRunners.org.uk) or 01297 552440.

Entry fee £5 per runner plus £2 extra for those unaffiliated to either ARC or EA. Limit of 20 teams for the relay.

Minimum age is 17 years for the relay and 18 years for the ultra.

Return Part A (Initial Open Entry) with a cheque payable to "Axe Valley Runners" to register your participation. If Part B (Detailed Relay Team Entry) is not included at the same time then it should follow no later than a month before the race, 13th April 2012. Both should be sent to Chris Irving, Cherry Tree House, Church Hill, Musbury, Devon EX13 8BA. Enclose an SAE plus an additional £3 with Part A if you can't download the maps, info, etc. and need hard copies. No SAE is required for numbers which will be posted to the contact address for each relay team and ultra runner shortly before the race.

**East Devon Way Relay and Ultra Endurance Race 2012**  
**Part A - Initial Open Entry**

Relay Team name: .....

Number of runners: .....

Ultra Race runner name: .....

Club (if applicable): .....

Contact name and address: .....

.....

Phone: .....

Email: .....

Number affiliated to ARC/EA: ..... Cheque enclosed for £ .....

Mobile for emergency contact on race day: .....

Disclaimer: I hereby declare for myself (and if applicable on behalf of my relay team mates) that I/they will run only if physically and medically fit to do so and will not hold the organisers liable for any loss or injury incurred as a result of our entry into this event. I/we will read, digest and abide by the event rules and safety notes, and copies of these will be carried in any support vehicle.

Signed: ..... Date: .....

**East Devon Way Relay and Ultra Endurance Race 2012**  
**Part B - Detailed Relay Team Entry**

Team name: .....

Runner name(s) and whether or not affiliated to ARC/EA:

Name: ..... Yes / No

Name: ..... Yes / No

Name: ..... Yes / No

Name: ..... Yes / No

Name: ..... Yes / No

Name: ..... Yes / No

If the number of runners or unaffiliated runners has increased since submission of Part A then please forward a further cheque for the required amount. No refund if the number of runners has reduced.

Mobile for emergency contact on race day: .....

Signed: ..... Date: .....