

Axe Valley Runners and Charmouth Primary School present **HIGH WAYS and SKY WAYS**

at 09:30 on Sunday 16th September, 2012

**A choice of 18, 13 or 8 glorious, hilly, scenic
and largely off-road miles east of Charmouth**

Under Association of Running Clubs rules; permit number 12/107.

This event is very much like Sidmouth RC's most excellent Four Trigs but we think with even nicer scenery (although not everyone agrees with us!). Self-navigation or follow the route description. No back markers; marshals only at a few manned checkpoints.

A map of the checkpoints and nominal routes is available at AxeValleyRunners.org.uk. Start and finish at Charmouth Primary School with all proceeds going to the school (about £300 in 2011). Minimum ages are 18 for the long route and 17 for the other two.

Entry fee £5 for all distances plus £2 for unaffiliated runners to include post-race pasty, cake & teas. Entries on the day £2 extra but you will only get food if you enter by Wednesday 12th. No prizes or mementoes ... food, drink and the memory of a good day out will be sufficient!

Send your entry form with cheque payable to "Axe Valley Runners" to Garry Perratt, Coomb Bank, Cooks Lane, Axminster, Devon EX13 5SJ (01297 34604 / Garry.Perratt@AxeValleyRunners.org.uk).

Entries will be confirmed by cashing of cheque. Collect numbers on the day. List of checkpoints and route description downloadable from our website but please ask for a hardcopy on the form and enclose an SAE if you don't have web access.

HIGH WAYS AND SKY WAYS 2012

Name: Gender:

Club: Age:

Address:

Phone:

Email:

Route entered: 18 miles / 13 miles / 8 miles Hardcopy info? Yes / No Pasty: Carnivore / Veggie

I understand that the route will not be marked or marshalled and that I am responsible for finding my own way safely round the course, will participate only if medically and physically fit to do so, will abide by the rules of the event and will not hold the organisers or their assistants liable for any loss or injury.

Signed: Date: