

Axe Valley Runners and Umborne Hall Committee bring you the

Umborne Ug

SUNDAY 11th MAY 2008 at 11.00am

Held under the Association of Running Clubs (ARC) rules.

The Ug is nearly 10k (9.81k) and somewhat undulating with about 3k on road and the rest on tracks if you're lucky!...

Starting and finishing at Umborne Village Hall (Directions will be sent to all local running clubs and 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 for first three men and ladies - **Minimum age 16.**

Results after the race at www.AxeValleyRunners.org.uk.

If you would prefer to walk the route instead, then a group of walkers will set off at 10.00am to walk about 5 miles of the course. A great chance to explore private land with superb views.

There is also a 2.5m **Fun Run** starting at the same time. Lots of drinks and cakes at the hall.

Rather than an entry fee, entry is by donations on the day although numbers can be reserved by the completion of the form below. Enquiries to: rickandeleonor@tiscali.co.uk

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

UMBORNE UG 2008

Surname: _____ First Name: _____

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

Club (if any): _____

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 11th May 2008.
- c) I will abide by the rules laid down by the organisers.

Signed Date:.....