

Axe Valley Runners and Yarcombe Village Hall present
The Yarcombe Yomp 2009
Saturday 7th November, 2009 at 10:30am

Run under ARC rules – permit applied for.

A 10-mile, two-lap course (17 years and over).

5-mile, single-lap for juniors (16 & 17) and anyone wishing to do just five miles.

Registration, start and finish at Yarcombe Village Hall.

Fee: £6 pre-entry senior affiliated (both races), £5 juniors, unaffiliated £ extra, entry on the day £1 extra.

Collect number on the day – no SAE required.

Entry fee includes homemade soup, roll, cake and tea and the hall.

Toilets and limited changing in village hall. Limited parking - please share transport if possible.

Prizes: 10-mile course - 1st, 2nd, 3rd male and female; male & female vet 40, 50 & 60.

5-mile course - 1st junior male & female. (No adult prizes on shorter course.)

Send entry form with cheque payable to "Axe Valley Runners" to Miss Robin Carter, 2 Ivy Cottages, Talaton, Exeter EX5 2SD (01404 823047) before 31st October, 2009.

A mainly off-road course running alongside the River Yarty then up a hill to a mast near the beacon. Along footpaths above Yarcombe with some loveley views then back down a fast descent through fields and paths to the village hall. Then you can do it all again on the second lap.

The final event in the East Devon Community Race Series

YARCOMBE YOMP ENTRY SLIP

Name: _____ Male / Female Race: 10m/ 5m

Club: _____ Age on race day: _____

Address: _____

_____ Post Code: _____

Email: _____ Phone: _____

Disclaimer: I undertake this race at my own risk and will not hold any organiser or landowner responsible for loss or damage to myself or my belongings. I appreciate that it involves cross-country running with some rough, steep and/or slippery ground. I will run only if physically and medically fit to do so. I will abide by ARC Rules as well as any additional rules and instructions laid down by the organisers.

Signature: _____ Date: _____