



SATURDAY 11TH JULY 2015

Multi terrain 10km race (min age 15)

+ **1.5 mile Jackie Box Fun Run** (under 9s to be accompanied)

TIPTON ST JOHN PLAYING FIELD (EX10 0AF)

Fun Run start time 10.30am

10km start time 11.00am

Held under ARC rules (Permit ARC 15/224) by Tipton St John Playing Field Association

In conjunction with **SIDMOUTH RUNNING CLUB**

Both runs are mostly off-road, flattish, with start/finish on the playing field. 10km route is down river to Harpford. On the old railway line to Tipton, off-road to Fluxton and Metcombe, short road stretch, and off-road to the finish.

NB: Because of stiles, narrow paths this event is not suitable for wheelchairs, prams or pushchairs.



Many thanks to our sponsors above. Proceeds to Tipton St John Playing Field Association and its nominated charitable cause.

Entry fees: 10km £10 - discounted to £8 for ARC/EA club members. Fun Run £3

10km entries £2 extra on the day space permitting 10km race limit: 200

10km prizes: 1/2/3 Male and Female. Teams of 3 men/women.

Veteran category (5 year grouping) and local runner prizes.

Fun run prizes: 1/2/3 M/F, also age and local runner awards.

Medals or goodies for all entrants in both runs + a well-earned pint of Otter Bitter for 10km 18+ finishers

Closing date for receipt of postal entries 4-7-15 (please enclose SAE if you wish your number to be posted) to:

Jo Earlam, Brambledown, Green Lane, Tipton St John, Sidmouth, EX10 0AH

INFO: www.sidmouthrunningclub.co.uk www.tiptonpfa.wordpress.com or email jo.earlam@hotmail.co.uk (Tel: 01404 813313)

Weekend camping Friday/Saturday available on this picturesque riverside site – see website or email for details!

Otter Rail and River Run - Saturday 11th July 2015 (Or enter online at: www.runnersworld.co.uk)

Please circle event and entry fee as appropriate: 10km £10 £8 if ARC/EA member (£12/£10 on the day) Fun run £3

Cheques to be made payable to: **Tipton St John Playing Field Association**

I choose to enter the event at my own risk and agree to abide by ARC rules.

Name:.....Male/Female:.....DoB:.....Age on race day:.....

Affiliated Club:..... IF YOU'RE LOCAL IE TIPTON ST JOHN PARISH PUT AN L HERE:

Address:.....

Tel: Email:

Date: Signed: (To be signed by parent or guardian if under 18)