



SATURDAY 9th JULY 2016

TIPTON ST JOHN PLAYING FIELD (EX10 0AF)

Multi terrain 10km race (min age 15)

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

Fun Run start time 10.30am

10km start time 11.00am

Held under ARC rules (Permit applied for) 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. Proceeds to Tipton St John Playing Field Association and its nominated charitable causes.

Entry fees: 10km £12 - discounted to £10 for ARC/EA club members. Fun Run £3

EARLY BIRD ENTRY UNTIL 30/4/16 - £10 unaffiliated/£8 affiliated

10km entries £2 extra on the day space permitting

10km race limit: 250 (entry last year 226)

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 2-7-16 (please enclose SAE if you wish your number to be posted) to:

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

Race updates at www.tiptonpfa.wordpress.com or email jo.earlam@hotmail.co.uk (Tel: 01404 813313)

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

Otter Rail and River Run - Saturday 9th July 2016 (Or enter online at: www.runnersworld.co.uk)

Please circle event and entry fee as appropriate: **10km Unaffiliated £12** (£10 early bird to 30/4/16) (£14 on the day)
10km ARC/EA affiliated £10 (£8 early bird to 30/4/16) (£12 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 live within Tipton St John Parish put an L here:

Address:.....

Tel: Email:

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