

# EXETER 10K

**Wednesday 17th August 2011**

**\*\*Using SWRR First Chance 10K Course**

**2 LAP TRAFFIC FREE COURSE  
WHICH IS PANCAKE FLAT!!!**

**ON FOOT PATHS & CYCLE PATHS AROUND THE  
RIVER EXE AND EXETER CANAL**

**Start Time 7pm**

This event will be run in conjunction with Le Tour of Exeter

200 entry limit | Held Under UK Athletics Rules | Licence TBC

First Name.....Surname.....

Address.....

Post Code.....Male / Female

Date of Birth.....Age on Race day ( min age 15yrs ).....

Telephone..... Email.....

Name of EA Affiliated Athletics / Running Club.....

EA Competition Licence No.....

**CITYRUNS**

**IRONBRIDGE  
RUNNER**



**hodgson  
sports massage**



**ENTRY FEE:**

Members of EA Affiliated Club £10.00

Unattached runners £12.00

+£2 Extra for entries on the day

I enclose a cheque for.....



Please note we cannot provide refunds under any circumstances - if you cannot run we will allow number transfers

Please make cheques payable to City Runs Limited | 10 Lower North St, Exeter, Ex4 3et

Email: mail@city-runs.co.uk Tel: 01392 493 800

Signed.....

A signed entry form will be considered as acceptance of Uk Athletics Rules

Absolutely no dogs or cycles allowed to participate.

**exeter a running city...**