

THE RUN EXE SUMMER 5k SERIES

Held Under UK Athletics Rules, Permit Applied for

Supported by

IRONBRIDGE RUNNER
With you every step of the way



Round 1 - Thursday 3rd July 2008

Round 2 - Thursday 7th August 2008

Round 3 - Thursday 4th September 2008

Start Time For All Races - 7.30pm

250 entry limit - so get your entry in!

**A FLAT ROAD 2 LAP TRAFFIC FREE 5KM SERIES
STARTING AND FINISHING AT
FLOWERPOTS PLAYING FIELDS, EXETER**

Online entry available at www.ironbridgerunner.co.uk

PERSONAL DETAILS

First Name _____ Surname _____

Address _____

Post Code _____

Telephone _____ Email _____

Male / Female _____ Date of Birth _____ Age on Race day _____ (min age 17yrs)

Name of Affiliated Athletics / Running Club _____

ENTRY FEE: Members of Affiliated Club £6.00 / Unattached runners £8.00
Entries on the day £2.00 Extra - if numbers allow!
Enclosed cheque for £ _____

Please make cheques payable to IBR Events
Please send entry form: IBR EVENTS, 10 LOWER NORTH STREET, EXETER, EX4 3ET
Email: ibr.events@btinternet.com Tel: 01392 493 800
Closing date for postal entries: Monday before each round

A signed entry form will be considered as acceptance of UK Athletics Rules
Absolutely no dogs or cycles allowed to participate.

Further details available at
www.ironbridgerunner.co.uk