

Minehead Running Club
Present
THE EXMOOR STAGGER



Sunday 18th October 2009
14th Race in The Somerset series

West Somerset Community College, Minehead, Somerset.

15 miles of from Minehead to Dunkery Beacon (the highest point on Exmoor at 1702ft) and back.
Trophies in all categories (depending on entries)
T-shirts to all pre-paid finishers. (Entries on the day take a chance on sizes.)

This is a very tough off road race over some very exposed moor land and conditions can be very severe on the hill tops which may not be apparent at the start. Please be dressed and equipped for these conditions if advised by the race organisers.

ANY RUNNER WHO DOES NOT REACH THE STAGGER/STUMBLE SPLIT POINT AT APPROX 3½ MILES WITHIN ONE HOUR OF THE START WILL BE DEEMED UNABLE TO COMPLETE THE STAGGER WITHIN THE FOUR HOUR CUT OFF TIME AND THEREFORE WILL BE DIRECTED ONTO THE STUMBLE COURSE..... NO EXCEPTIONS. THIS IS TO ENABLE ALL THE STEWARDS ETC; TO CLEAR THE COURSE IN GOOD TIME.

Runners must be 17 or more years old.

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Surname.....Forename.....Male / Female

Category... (Please Circle) Sen Male – MV40 – MV45 – MV50 – MV55 – MV60 – MV65

Sen Fem – FV35 – FV40 – FV45 – FV50 – FV55

DoB.....Age on Day.....Tel N°.....

Address.....

.....Post Code.....

Club.....UK:A Affiliated? Yes - No

England Athletics Registration Number.....

Entry Fees:- Affiliated £10, Non Affiliated £12. Entry on the day £2 extra.

Cheques payable to :- Minehead Running Club. Closing date for postal entries – 13th October

Send Entries to: - Race Secretary, 28 Widgeon Close, Minehead, Somerset. TA24 6UH.

Please enclose a Stamped, Self Addressed Envelope. (We will not put a stamp on for you)

I declare that I am in good health and have no disabilities which may be detrimental to my participation in this event. I understand that no liability can be accepted by the organisers for any injuries sustained or property lost during this event.

Signed.....Date..... T-Shirt Size XL L M S (please circle)
Run under UK.Athletics Rules. Permit Applied For.