

Minehead Running Club
Present
THE EXMOOR STUMBLE

“FUN RUN”



Sunday 23rd October 2011

11am. West Somerset Community College, Minehead, Somerset.

A shorter alternative to the Stagger but still a tough 6 miler with a beast of a hill.

Trophies to category winners

T-shirts to all pre-paid finishers. (Entries on the day take a chance on sizes.)

Good footwear is essential as conditions underfoot can be very tricky.

Runners must be 15 or more years old

.....
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 £8, Non Affiliated £10. Entry on the day £2 extra.

Cheques payable to :- Minehead Running Club. Closing date for postal entries – 19th 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)
Or your email address:.....

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.....

Permit Applied for. Run under UK.Athletics Rules

T-Shirt Size XL L M S (please circle)

IN AID OF YOUNG CARERS PROJECT (WEST SOMERSET)