



www.thequarrymansrest.co.uk

01398 331480

QUARRYMANS TRAIL

HELD UNDER UKA RULES TRA Permit TRA/02-10

**APPROXIMATELY 10K OF MULTI - TERRAIN RUNNING AROUND THE
QUARRYMAN'S REST, BAMPTON, DEVON
MONDAY 30TH AUGUST 2010**

AT 11.30AM

IN ASSOCIATION WITH BAMPTON OPEN DAY

www.bampton.org.uk

MEMENTO TO ALL FINISHERS

ONE AWARD PER RUNNER

Registration: Quarryman's Rest

SHOWERS, CHANGING AND PARKING AT RECREATION GROUND

TROPHIES 1ST, 2ND AND 3RD MALE AND FEMALE 1ST VETERANS IN M 40, 50, 60 F 35,45,55

****FIRST LOCAL POSTCODE MALE AND FEMALE****

**PRESENTATION OF PRIZES TO TAKE PLACE AT QUARRYMAN'S REST AT 1.00PM
OPEN ALL DAY***REAL ALES***HOG ROAST**

Cost:£7.00 (affiliated), £9 (unaffiliated), Entry on the day plus £2.00 (if limit of 200 not reached)

Closing time for entries is 11.00am

ENTRIES AND RESULTS ON THE INTERNET AT www.bampton.org.uk

Race No. OFFICIAL USE ONLY		ENTRY FORM		<u>Race entries posted after 23rd Aug. will be collected on the day</u>	
First name:		Surname:		Sex: MALE/FEMALE	
Address:					
				Phone no.:	
Date of Birth:		Age on race day:		Affiliated Club:	

Please return forms to: Jessica Jones, 3 Mary Lane, Bampton, Devon, EX16 9LZ Cheques should be made payable to: 'Jessica Jones' SAE with application form please.

Signed:

"I declare that I am an amateur as defined by the UKA rules, am fit to compete, and will abide by the organisers' rules. I accept that the organiser shall not be liable for any accidents, injuries, loss, or damage as a consequence of my participation in this event."