



Swimbridge Village Hall Committee (in aid of)
Registered Charity No 300983

assisted by North Devon Road Runners present

SWIMBRIDGE RUN ENTRY FORM

Sunday 19th April 2009

Main Run starts at 10.30 am / Fun Run starts at 11.00 am

The main run is approximately a five mile run up and over Swimbridge hills—part road, part track, stream crossings, woodland paths and stunning views – via the old silver mines and Daffodil Valley passing through the picturesque hamlets of Hannaford and Hearson.

The Fun Run is approx two miles from Swimbridge to Hannaford and back.

Venue: Jubilee Hall, Barnstaple Hill, Swimbridge, North Devon
Parking – toilets – refreshments – first aid – marshals – insurance

Prizes:	MAIN RUN at 10.30 am (min age 15 yrs)	Fun Run at 11.00 am (8–14 yrs)
	15 yrs+ M 1st 2nd 3rd	8–11 yrs M 1st 2nd 3rd
	15 yrs+ F 1st 2nd 3rd	8–11 yrs F 1st 2nd 3rd
	Veterans 40+ M 1st / F 1st	12–14 yrs M 1st 2nd 3rd
	Veterans 50+ M 1st / F 1st	12–14 yrs F 1st 2nd 3rd
		Best fancy dress 1st

Prizes kindly donated by St John’s Garden Centre, Barnstaple

Entry fee: **£6.00 run /£3.50 fun run (additional £2 if entering on day)**
Alternatively, opportunity to raise sponsorship (minimum sponsorship £10—forms attached)

Closing date for postal entries: Monday 13th April 2009

Name DOB: (DDMMYY) Age:yrs M / F

Address:

..... Postcode:

Contact Tel No: Name of affiliated Club (if applicable to you)

Emergency contact name & tel no:

Do you have any illnesses/medication the organisers should be aware of: Y / N

If yes, please give details:

Entry fee (please circle) as appropriate: Run £6.00 encl Fun Run £3.50 encl Sponsorship Entry

Please circle category entered:

MAIN RUN at 10.30 am:	MALE	FEMALE
FUN RUN at 11.00 am	8-11 yrs	12-15 yrs
	MALE / FEMALE	

Cheques payable to: “Swimbridge Jubilee Hall”. Send entries together with a large SAE to the Race Co-ordinator: Julie Whitton, The Yews, Barnstaple Hill, Swimbridge, Barnstaple, Devon, EX32 0PQ. Contact: 01271 830311 / email julie@theyews.freeserve.co.uk

I agree to abide by the rules and understand that the organisers will not be held responsible for any injury, illness or accident to myself or loss of my property as a result of my participation in this event. Furthermore the information you have provided on this entry form will be used for the purpose of producing race results and for health & safety purposes only. This information will not be passed onto any other person or agency. To respect landowners wishes, no dogs on route. Thank you.

All applicants signature Signed consent of parent/guardian of applicants under 18’s Date: