



# ERME VALLEY HARRIERS



Present



## The Ivybridge 10K



Course Accuracy Certificate:  
07/052r

**Race Limit:** 750  
(2009 event sold out)

**Minimum Age:** 15

**Saturday 15<sup>th</sup> May 2010 – 6:30 pm**

**Starting at:** Ivybridge Station Car Park

**Finishing at:** Ivybridge Rugby Club

For more details see [www.evh.5u.com](http://www.evh.5u.com)



**£11** Entry fee

**£9** England Athletic Competition Licence Holders

(All cheques payable to Erme Valley Harriers)

**NO ENTRIES ON THE DAY!**

Closing date for entries: 10<sup>th</sup> May 2010

**Quality Technical T-shirt to all finishers**

**Prizes categories as follows:**

(One prize per runner – With exception of team prizes)

**Men:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 1<sup>st</sup> V40, 2<sup>nd</sup> V40, 1<sup>st</sup> V45, 2<sup>nd</sup> V45,  
1<sup>st</sup> V50, 2<sup>nd</sup> V 50, 1<sup>st</sup> V55, 1<sup>st</sup> V60, 1<sup>st</sup> V65, 1st Local, 1<sup>st</sup> Local Vet,  
1<sup>st</sup> Team, 2<sup>nd</sup> Team

**Women:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 1<sup>st</sup> V35, 2<sup>nd</sup> V35, 1<sup>st</sup> V40, 2<sup>nd</sup> V40, 1<sup>st</sup> V50, 2<sup>nd</sup>  
V50, 1<sup>st</sup> V55, 1<sup>st</sup> V60, 1st Local, 1<sup>st</sup> Team, 2<sup>nd</sup> Team

### IVYBRIDGE 10K 2010 ENTRY FORM

SURNAME ..... FIRST NAME .....

ADDRESS ..... DATE OF BIRTH .....

..... AGE ON RACE DAY .....

TELEPHONE NUMBER ..... MALE / FEMALE

T-Shirt size (Please Circle)    S    M    L    X L

**Do YOU hold a current England Athletics Competition Licence?**

*If in doubt, please consult your club membership secretary (Note: This is a 7-digit number)*

YES:           Entry fee is £9    NO: Entry fee is £11

EA AFFILIATED CLUB .....

SIGNED ..... DATE .....

No Refunds or Referrals. Transferring a number is free. The recipient must complete an entry form, with a covering letter sent to the entries secretary.

**I ENCLOSE A CHEQUE FOR £ ..... WITH LARGE (A5 size) SAE (PAYABLE TO ERME VALLEY HARRIERS)**

*I declare that I will abide by the rules of UK Athletics, I am over 15 and agree that the organisers will not be liable for injury, illness, damage, action claim or expenses which may arise in the consequences of this event. I accept that St John Ambulance will provide medical support and I declare that I will not compete in this event unless I am in good health on race day and I compete at my own risk.*

**ENTRIES TO:** Entries Secretary,  
41 Cleeve Drive, Ivybridge, Devon, PL21 9BW

**Note:** If no SAE is received or additional postage is required then your race number will not be returned. Please contact us if not received (see website for more info).

With thanks to our sponsors:



**Satellite Sports**  
35 Glanvilles Rd,  
Ivybridge  
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