



2017-29923



Plymouth Coasters 5 miler Race around The Plym

Start & Finish by Marsh Mills roundabout.

Sunday 3rd Sept 8:30 am. Entry fee **£11, £9 For EA affiliated Runners**

The race will start on the path between Plymouth Road and Sainsburys, head out along the Embankment, over Laira Bridge, down The Ride, through Saltram to the finish.

Registration and free parking available at the Coypool Park & Ride car park.

Medals to all finishers.

Prizes for 1st, 2nd & 3rd Male and Female, plus various age categories.

On-line entries available at www.runbritain.com

Forms available from all good local sports shops or can be downloaded from www.plymouthcoasters.co.uk

CLOSING DATE FOR ENTRIES 26/8/17 or when full

NO ENTRIES ON THE DAY

150 Limit Apply Early!!!

Send completed entry form & entry fee to, Race Secretary, C/O 253, Dunnet Rd, Southway, Plymouth. PL6 6LW Cheques made payable to Plymouth Coasters. All numbers to be collected on the day at registration.

SURNAME		FIRST NAME	
ADDRESS			
POSTCODE		TEL No	SEX
EMAIL ADDRESS (FOR CONFIRMATION ONLY)			
D.O.B		AGE ON DAY	Club
England Athletic No		Fee Paid	£11/£9

I enclose a fee of £..... (Made payable to 'Plymouth Coasters')

I declare that I will abide by the rules of UKA. I am over 15 years old and accept that the organisers will not be liable for any injury, loss, damage, action claim, costs or expenses which may arise in consequence of participation in this event. I declare that I will not compete in this race unless I am in good health on the day of the race and that in any event I will only compete at my own risk. Medical support is provided by Pioneer Medical Services. No refunds will be paid.

Signed Parent/Guardian's signature if under 16	For office use only
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