

CREWKERNE RUNNING CLUB

River Parrett Trail Relay

- 10th year -

Saturday 13th October 2012

9.00am from Steart, Bridgwater to Winyards Gap, Dorset 2012 is Run number 10 for those brave souls who have been with us since the beginning!

The race follows the Parrett Trail from the North Somerset coast to its source at Winyards Gap, near Chedington, with approximately 53 miles of undulating trail run through beautiful Somerset & Dorset countryside.

The race is split into six legs, each from between eight and ten miles or so.

All the runners for each leg start at a predetermined time, the winners being the team with the lowest total time. The race and changeover points should be unchanged from 2011 barring unforeseen circumstances.

The emphasis is on having a good time, enjoying the day and working up a bit of a sweat!

Exmouth Harriers. currently hold the much-coveted Eel Trophy for winning in 2010 & 2011. All runners are welcome to join us in having an exciting, fun-filled day, culminating in food, drinks and prize giving.

Best of luck, and we look forward to seeing you all on the day!

Run under UKA & ARC rules ARC permit number 12/120

All profits donated to Cancer Research UK

ENTRY FEE - £50.00 per team

Any competitor who is not a member of an affiliated running club must pay the unattached levy of £2.00 to be included with the team entry fee.

Closing Date: Saturday 6th October 2012

Teams: Mens, Ladies & Mixed (At least 2 female)

More info from www.parrettrace.btck.co.uk

or email derek.boles123@btinternet.com or tel 01460 74150



TEAM LEADER APPLICATION FORM

BLOCK Capitals Please

TEAM Name:

TEAM Class: Tick one of the following:

MEN

LADIES

MIXED

Team LEADER Surname
(Contact Person)

Forename(s)

Address

Post Code Tel. No.

Club

EMAIL:
(please!)

We agree to abide by the rules of the event as declared by the organisers and those of UK Athletics and ARC, and agree that we take part at our own risk. Minimum age 18 years.

Signed on behalf of the above team/club.

Date Signed

Entries to:

Rockthorne, Puddletown, Haselbury Plucknett,
Crewkerne, Somerset. TA18 7NZ

Cheques payable to **Crewkerne Running Club**, only ONE cheque per team please.
LIST TEAM MEMBERS FOR EACH LEG ON THE BACK OF THIS FORM

Rules and race numbers will be dispatched in due course