



Exmouth Beach Challenge

Sunday 7th June 2009 at 13:00

Exmouth Harriers



Start and finish will be, thanks to the kind permission of Haven Holidays, at Haven Holiday's Devon Cliffs Holiday Park (Sandy Bay) Exmouth Devon EX8 5BT, on the beach. The run will be to far end of the beach in Exmouth, below the Beach Hotel, turn and return to Sandy Bay, the approximate distance is 9k, you may choose your own route, as long as you stay on the beach, and turn at the marshall at the end of Exmouth beach.

There will be no prizes or category awards, timings will be posted on web site, www.exmouth-harriers.co.uk. All finishers will receive a unique memento.

There will be no drinks station, so if you feel you will need a drink, during or after please bring your own. Or better still the excellent café just above the beach will be open, for food and drink.

Contact details for further information robert@keast.org

Please remember the beach is a public space, so be respectful of others using the beach

Personnel details

First name.....Last name..... Date of birth..... Sex.....

Running club.....

Address..... Post Code.....

Tele.....Email.....

Entry fee £5 (cheques payable to Exmouth Harriers) NO ENTRIES ON THE DAY
Limit of 200 runners.

Entry details

Please send completed form, with a large SAE to:

R Keast 5 Caroline Close Exmouth EX8 4AZ

Closing date for entries: Monday 1st June 2009

A signed entry form will be considered as acceptance of UK Athletics rules, and a declaration that you will compete on foot and run entirely at your own risk. No dogs.

Signature..... Date.....

Held under UK Athletics rules, licence No. 20090531