



THE EXE TO AXE



A grade 'B' Fell Race organised by the Sidmouth Running Club under UK Athletic Rules and the auspices of the Fell Runners Association

SUNDAY 3 April, 2016 STARTING AT 10.00 AM

The race starts at the Foxes Hole Car Park on the Exmouth Sea Front and follows the East Devon Coastal Path for 20 miles or so and finishes on the Esplanade at Seaton.

The race is for individuals and relay teams of four or less runners. There are three handover/check points at Budleigh Salterton, Sidmouth Sailing Club and Branscombe Mouth. There will be drink stations at these points and a back marker but no course marshals.

Transport will be provided from the Finish to the Start but **only before the race** - leaving Seaton at 8.30 am and **on condition that we are told in advance**. Please indicate on the entry form if this is required so that we can cater for numbers. Entries on the day will only be taken at the start and we can not supply transport after the race. Hand baggage or kit can be transported from the start to the finish if required

There will be mementoes for all finishers and prizes depending upon entries but most runners just come for the views. Further information will be sent to all entries with their Numbers.

ENTRY FORM

Full Name D.O. B. M / F

Name of team and/or Club.....

Expected completion time Hrs Min

Circle where applicable .. Individual Entry / Part of Relay team. Vehicle Regn.No.....

Contact address with Post Code.....

Telephone No. and e mail address.....

Emergency Contact (Name and Tel. No).....

Transport To the Start From the Tram Terminus, Seaton (pre race) Yes / No

Entry fees are £10 for individuals/ £5 a head for teams plus £2 a head for entries on the day.

If transport required please add £6 a head

Age limit – no runners under the age of 18.

Please make cheques payable to Sidmouth Running Club and enclose a SAE with your entry to 'Exe to Axe' c/o Maple Cottage, Lower Wheathill, Sidmouth, Devon EX10 9UA.

I accept the hazards inherent in fell running and acknowledge that I am entering and running this race at my own risk. I confirm that I am aware of the rules imposed on me by the Race Organiser and that I will comply with them. I confirm that I have read and comply with the "Fell Running Requirements for Runners". I acknowledge and agree that I am responsible for determining whether I have the skills equipment and fitness to participate in this event. I accept that neither the Race Organiser nor the Fell Runners Association shall be liable to me for any injury, loss, or damage of any nature to me or my propefi arising out of my participation in this race (other than in respect of death or personal injury as a result of their negligence).

Signature:.....

Date.....