



JP's Exe to Axe

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



Sunday 2nd April 2017 starting at 10.00 am

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

The race is for individuals and relay teams, dogs are not permitted. There are three handover/checkpoints 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 8:30am and **on condition that a place is booked 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 cannot supply transport after the race. **No TEAM ENTRIES on the day**. Hand baggage or kit can be transported from the start to the finish if required.

On-line entry: RACE NUMBERS to be COLLECTED from the START.

Postal entries: enclose an SAE for number. Last day for postal entries 18th March.

No runners under the age of 18.

There will be mementoes for all finishers. Further information will be sent via email to all entries.

Entry Form

PLEASE PRINT DETAILS CLEARLY

Full Name _____ Age on race day _____ M/F

Circle applicable – Individual Entry/Part of Relay Team.

Name of Running Club/Relay Team _____

Relay Team member names _____

Expected completion time ____ hrs ____ mins Vehicle registration number _____

Address and Postcode _____

Telephone number _____ Email address _____

Race details will be sent via email so ensure your email address is legible.

Race Day Emergency Contact (Name and Tel. No.) _____

Transport to the Start from Seaton Tram Terminus, (pre-race). Yes/No?

Entry fees:

Individuals: £15, on the day £20.

Relay Teams: £20. No entry on the day.

If transport is required please add £8.

Please make cheques payable to Sidmouth Running Club and send to 'JP's Exe to Axe', c/o 8 Woolbrook Meadows, Sidmouth EX10 9UH.

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 property 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 _____