



# 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 7<sup>th</sup> April 2019 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 close to 22 miles and finishes at the far end of 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. Individual 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.

**Individual Entries: Postal or on-line. On-line will be available via <http://www.sientries.co.uk>. Race numbers to be collected at the start.**

**Team Entries: Postal only. Team consists of 2 to 4 runners. Race numbers will be sent by post.**

**Last day for postal entries 26<sup>th</sup> March. No runners under the age of 18.**

**Time Limit: 6 hours. Cut-off times: Budleigh Salterton 11:10am, Sidmouth: 12:45pm, Branscombe 2:45pm.**

Runners over these times will be withdrawn from the Race.

**There will be an earlier start at 9am for runners who would like to take part but who would find these cut-offs challenging.** Please contact [e2a@sidmouthrunningclub.co.uk](mailto:e2a@sidmouthrunningclub.co.uk) to register for the earlier start.

**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:

Exmouth-Budleigh \_\_\_\_\_ Budleigh-Sidmouth \_\_\_\_\_

Sidmouth-Branscombe \_\_\_\_\_ Branscombe-Seaton \_\_\_\_\_

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: £21, on the day £26. **If transport is required please add £8:50.**

Relay Teams: £25 per team. Postal Entries only. No entry on the day.

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 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 Running 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). I consent to publication of my name, club, race category, race number, finishing time and race position in race pre-entry and results lists.

Signature \_\_\_\_\_

Date \_\_\_\_\_