



Debbie Bidmead

Fit for Life Pilates

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Sunday 20th June 2010 at 10:30am  
West Anstey Village Hall  
Registered Charity No. 1062502

Assisted By Tiverton Harriers Present The

# Yeo Mill Yomp

## Race Licence Applied For.

10.25 Miles Of Glorious Running Across Exmoor From The Hamlet Of Yeo Mill, West Anstey North Devon To The Village Of Hawkridge (Somerset) And Back By A Different Route. Over 1000 Feet Of Climb, Trails, Moorland, Streams, Roads, Views Of Dunkery Beacon and Hay Tor. Run Under UK Athletics Rules.

**Venue:-** West Anstey Village Hall, Yeo Mill, West Anstey, North Devon  
Parking- Toilets- Refreshments and First Aid

<b>Prizes:-</b>	M	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	1 <sup>st</sup> 0/40	0/50	0/60
	F	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	1 <sup>st</sup> 0/40	0/50	0/60

**1<sup>st</sup> Team - Male and Female 3 to count. Other categories depending on entries.**

**Entry Fee:-** £10 Per Person, £2 Discount to English Athletic licence holders, £2 Extra on the Day Entries

English Athletic Licence Number: .....

**Closing Date 12<sup>th</sup> June 2010**

Name of Affiliated Club: .....

£8     £10    Please tick your Category entered

**CHEQUES PAYABLE TO: Yeo Mill Yomp**

Name: .....

Address: .....

Post Code: ..... Contact Tel No: .....

Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age: ..... Male/Female  
DD/MM/YY

Male    Veteran 40     Veteran 50     Veteran 60     Please tick

Female    Veteran 40     Veteran 50     Veteran 60     Please tick

I declare that I will abide by the rules of UK Athletics, that I am over 17 years of age and that the organisers will not be liable for injury, illness, damage, action claim or expenses that may arise as a consequence of this event. I accept that medical support will be provided and I declare that I will not compete unless I am in good health on the race day and that I compete at my own risk.

Signed: ..... Date: .....

Send together with a large SAE to the Race Co-ordinator **Howard Bidmead**,  
Eastern Cottage, Yeo Mill, West Anstey, Devon , EX36 3NU

Tel: 01398 341791

