



MINEHEAD

Running Club

THE TENTH

EXMOOR STAGGER

Race N° 12 in the 2006 Somerset Series

Sunday 22nd October 2006. Start Time :- 11:00 am.

West Somerset Community College
Bircham Road, Minehead.

15 ish Miles to Dunkery Beacon and back.
3300 feet of climbing over some wonderful countryside.
The views are breathtaking, so is the run!

CATEGORY TROPHIES

T-SHIRTS TO ALL FINISHERS

(ONLY PRE-ENTERED RUNNERS GUARANTEED T-SHIRTS ON THE DAY)

This is a tough off road race over some high exposed hills.

Please wear clothing suitable for the conditions. It can be several degrees colder on top of the Beacon than at the start

ALL RUNNERS MUST BE OVER 17 YEARS OLD.

THERE WILL BE A CUT OFF TIME OF FOUR HOURS.

ANY RUNNER WHO STEWARDS DEEM UNABLE TO COMPLETE THE COURSE IN THIS TIME WILL BE DIRECTED ONTO THE SHORTER EXMOOR STUMBLE COURSE AT APPROXIMATELY 2½ MILES.

THE NEXT RACE IN THE SOMERSET SERIES IS THE CHEDDAR HALF MARATHON – SATURDAY 11TH NOVEMBER

Surname..... Date of Birth..... Age on Race Day.....

Forename..... M/F..... Tel. N°.....

Address.....

.....Postcode.....

Affiliated Yes/No..... Affiliated Club.....

MALE CATEGORY

SM	V40	V45	V50	V55	V60	V65

FEMALE CATEGORY

SL	F35	F40	F45	F50	F55

Entry Fees :- Affiliated £10, Non-Affiliated £12. Entry on the Day £2 Extra.

All Cheques Payable to :- Minehead Running Club.

Closing Date for Postal Entries :- October 17th.

Post to:- Race Secretary, 28 Widgeon Close, Minehead, TA24 6UH.

Please enclose a Large, Stamped, Self Addressed Envelope.

I declare that I am in good health and have no disabilities which may be detrimental to my participation in this event. I understand that no liability can be accepted by the organisers for any injuries sustained or property lost during the event.

Signed.....Date.....T-Shirt Size....XL L M S