



ARMADA ATHLETICS NETWORK

[www.armadaathletics.co.uk](http://www.armadaathletics.co.uk)

# ARMADA AUTUMN TRAIL

**Sunday 9th September 2018**

(Under UK Athletics Rules)

**Minimum age 16**

Starting & finishing at

**Newnham Park, Plympton, Plymouth PL7 5BN with a 10:30am START**

**By kind permission of the Cobbold Family at Newnham Estate.**



**This exciting & fun 7 Mile (approx) off road run, with river crossings & beautiful forest trails, will be run over the same course as the iconic Frank Elford Sports Autumn Trail.**

**A great warm up for the cross country season**

No headphones to be worn, listen to the marshals & the wildlife

Entry Fee £16.00 - Discounted Entry Fee for EA Competition Licence Holders - £14.00

**ENTRIES LIMITED TO 800 - NO ENTRIES ON THE DAY**

**Also 1 Mile (approx) ADVENTURE FUN RUN 09:45 START (medal to all finishers). Under 8's must be accompanied by an adult.**

**FUN RUN ENTRIES ACCEPTED ON DAY OF EVENT BEFORE 09:30 - FEE £3.00**

**For Postal Entries Enclose 9in x 6in SAE for Race Info and Race Number**

Please ensure correct postage is paid when entering or you will incur a charge.

### RACE PRIZES

*Cash Prizes to 1st/2<sup>nd</sup>/3<sup>rd</sup> male & female of £50/£30/£20*

*MEN - First 3 Open + First Vet O/40, O/45, O/50, O/55, O/60, O/65*

*LADIES - First 3 Open + First Vet O/35, O/40, O/45, O/50, O/55, O/60*

*Plus First Men's & Ladies Teams – 3 to count*

*One category prize only per athlete to the greatest value*

UKA Licence No  
Applied For

**SEND FORM TO  
RACE SECRETARY  
Alistair Kinsey, 1A Pym  
St,  
Tavistock, PL19 0AW**

**For more info and online entry visit [www.armadaathletics.co.uk](http://www.armadaathletics.co.uk) or [www.runbritain.com](http://www.runbritain.com)**

**Online entries – Race number collection on Race day before 09:45. Sorry no refunds given.**

<b>Surname</b>		<b>First Name</b>	
<b>Postal Address</b>		<b>E Mail:</b>	
<b>Post Code</b>		<b>Telephone</b>	
<b>Date of Birth</b>		<b>Male / Female</b>	
<b>Trail Run</b>	<b>Fun Run</b>	<b>Affiliated Club or Team</b>	
		<b>EA Competition Licence Number</b> (If unknown check with your Club Membership Secretary)	

**I enclose a fee of £\_\_\_\_\_ with SAE (payable to "ARMADA NETWORK")**

By entering the event I declare that I will abide by the rules of UK Athletics, I am over 16 and agree that the organisers will not be liable for injury, illness, damage, action claim or expenses which may arise in the consequences of this event. I accept that medical support will be provided by a recognised organisation and I declare that I will not compete in the event unless I am in good health on race day and I compete at my own risk. I agree that I will not wear headphones during the event.