



ST DOMINICK'S 5 MILE DASH (DOM'S DASH)

SATURDAY 25TH JUNE 2011 START 6 PM

Held under UKA Rules

Licence Applied For

START St Dominick Parish Hall, St Dominick, Near St Mellion. Cornwall, PL12 6SU. There will be ample signage to direct you to the start when you approach St Dominick. Baggage facility available.

THE COURSE This is a 5 mile undulating course taking you through scenic country lanes. Mile markers and 1 water station.

FINISH Technical T-Shirt to all finishers. Refreshments available.

PRIZES 1st, 2nd & 3rd male and female overall and veteran categories.
Team prizes (1st male, 1st female – three to count)

ENTRY FEE £12. Discounted entry fee for EA Competition Licence holders £10
Entries on the day – £2 extra (if limit not reached) Race limit- 250

ENTRIES TO Louise King, 41 Cranfield, Plympton, Plymouth, Devon, PL7 4PF. Cheques payable to "Plymouth Musketeers Running Club." Postal entries close 18th June 2011. No SAE required. All race numbers to be collected from Race HQ on race day. For confirmation of entry and more information, please visit our website www.theplymouthmusketeers.webs.com or tel 01752 348371. All proceeds to **Jeremiah's Journey**. A registered charity in Plymouth that provides support for children, young people, their parents and carers who have experienced the death of someone special.



SURNAME **FIRST NAME** **M/F**

ADDRESS

..... **POSTCODE**

TEL NO- HOME **MOBILE**

EMERGENCY NAME AND CONTACT NO FOR RACE DAY

EMAIL

DATE OF BIRTH **AGE ON RACE DAY**

AFFILIATED CLUB **AFFILIATION NO**

T-SHIRT SIZE PLEASE CIRCLE S / M / L / XL

I declare that I will abide by the laws and rules of UK Athletics. I declare that I am over 16 years of age and accept that the organisers will not be liable for any loss, damage or action claim, costs or expenses, which may arise in consequence of my participation in this event. I declare that I will not compete in the race unless I am in good health on the day and that I will compete at my own risk.

SIGNED **DATE**