

present **Ash Primary School's**

# 'ASH EXCELLENT EIGHT'

*A challenging eight mile multi-terrain race*

Also

'Fearsome Five', Junior Race and Fun Run

**Sunday 2nd September 2012**

**11.00am**

*This the 15<sup>th</sup> year of this approximately eight mile multi-terrain race with country lanes, rough tracks stiles, gates, fields, hills and breath taking country views.*

Race Licence 2012-103417 - Run under England Athletics (EA) rules

Race 13  
of the 2012



**SOMERSET  
RACE SERIES**

***Start/finish: Ash Primary School, Ash, nr Martock,  
South Somerset [close to A303]  
[Toilets and changing – sorry no showers]***

***'Fearsome Five'*** – a shortened course of approx 4.5 miles

***3K Junior Race*** [11-16 years]

***2K Village Fun Run*** - for all ages

**BBQ, Cakes, Refreshments, Crèche - a great family event!**

[www.ashexcellenteight.com](http://www.ashexcellenteight.com)

## Further Information you may wish to know.

The Races start and finish at Ash Primary School. Ash is one mile from the A303, close to Martock, six miles North West of Yeovil.

Changing facilities, Toilets and Refreshments will be available at the School, **sorry no showers!**

The 'Excellent Eight' course follows a quiet country lane downhill for one mile, then along rough flat drives, across a narrow footbridge, over the River Yeo, across fields and steeply up Knole Hill. The route then drops down into Knole Village and follows another quiet lane. This is followed by further drives, footpaths, fields and bridges, taking you past Long Load and Milton. Finally it's back uphill for one mile through Witcombe to Ash School.

The 'Fearsome Five' is the first and last part of the long course, turning before the River Yeo. The course is approximately 4.5 miles.

The 3K Junior Race and the 2K Fun Run follow routes around the village of Ash.

The Fun Run is for all ages.

*All money raised will be for the benefit of the pupils of Ash Primary School.*

**Please return entry form, fee to:**

**Race Secretary, Ash Primary School, Main Street, Ash, Martock, Somerset, TA12 6NS**

**Race numbers will be given out on the day. For further information please send an SAE or ring:**

**01935 822674 (School), 01935 475697 (Home), 07887 944823 (Mobile)**

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### Race Entry Form

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Home Tel: \_\_\_\_\_ Day Tel: \_\_\_\_\_

D.O.B: \_\_\_\_\_ Age on 02/09/12: \_\_\_\_\_

Sex M/F \_\_\_\_\_ Club Name:: \_\_\_\_\_

Creche: **Yes/No** (No of Children: \_\_/ Age \_\_) Email: \_\_\_\_\_

#### ***Affiliated Non Affiliated (please tick)***

'Excellent Eight' (Min age 17) £8.00 | £10.00 |

'Fearsome Five' (Min age 15) £7.00 | £9.00 |

3K Junior Race (11 -16) £4.00 | £4.00 |

2K Village Run (All Ages ) £3.00 | £3.00 |

Entries on the day £2.00 extra

**Cheques made payable to Ash School**

(UKA registration number \_\_\_\_\_)

I declare that I am an amateur as defined by U.K.A Laws and agree to abide by their laws. I will be medically fit to run on the above date. I understand that the organisers of the event will not be held liable for any injury, illness or loss of property, however caused.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_