

the Christmas 2008 Caper



www.torringtonaac.org.uk

**Sunday
21st December**

**REGISTRATION from 9.30am
RACE START 11am PROMPT**

The Christmas Caper is back!
Featuring as much of the mud, hills, backwoods, rivers, forests and country lanes Torrington has to offer, making this one of the most challenging multi-terrain runs in the South West.

Covering approximately 9 miles of scenic countryside in and around Torrington Commons and the Tarka Trail encompassing loads of mud, hills and challenging terrain -fields, tracks, rivers, mud, farms, forests (oh, and not forgetting mud, mud and water too!)

The perfect pre-Christmas (real) multi-terrain challenge!

The event starts and finishes at Donnacroft Torrington Rugby Club providing showers, beers and Christmas cheer!

**£10.00 Advance,
£12.00 on the day
£2.00 off for UKA licence holders**

**Mince Pies
& Spot Prizes
Momento to ALL
finishers**

PRIZE CATEGORIES

- 1st, 2nd, 3rd Senior Man & Lady
- 1st, 2nd, 3rd Vet. Man & Lady
- 1st, 2nd, 3rd Vet. Male 50+ & Lady 45+
- 1st Youth Male & Female



sponsors



Held under UKA Rules

ENTRY FORM

SEAA Race Permit:

NAME		SURNAME	
DOB		AGE	
ADDRESS			
POST CODE		TELEPHONE	
e-MAIL			
CATEGORY		Junior / SM / SL VM / VL SM50 / VL45	
AFFILIATED CLUB			
UKA LICENCE NUMBER			

PLEASE NOTE:

I understand that I take part in the BACK IN FIVE entirely at my own risk, under UKA rules and agree not to hold Torrington AAC or any person involved in the organisation of the race responsible in any way for injury or loss as a result of my participation in this event. I am over 15 years of age.

SIGNED

DATE

FEE ENCLOSED:

Please make cheques payable to Torrington AAC and send to:
Torrington AAC Club Secretary, The Granary, Peagham Barton, St Giles-in-the-wood, Torrington, EX38 7HZ

For TAAC use only

Race No.

Amount Paid

