



# Haldon Heartbeat 2012 Entry Form

Saturday 28<sup>th</sup> April 2012 starting at 11:00

Held under UK Athletics rules of competition

350 limit – strictly no entries on the day

www.haldonheartbeat.org.uk



Permit Number  
applied for



## A spectacular 8.5 mile Trail Race in aid of HeartSWell (South West)

This is the second running of the Haldon Heartbeat trail race and builds on the success of the inaugural run in 2011 that attracted 250 runners. We have made a few small changes this year including a better start/finish area and less tarmac. We are also increasing the entry limit to 350. There will be the usual prize categories.

This year we are extending the course in the forest and cutting out the initial lap of the racecourse to bring you a more challenging off-road route. The distance is just over 8.5 miles, and with a few more lumps to climb the elevation gain is now 659 ft.

Race HQ is once again situated at Exeter Racecourse where there is plenty of parking and refreshments. Please follow the brown tourist signs for Exeter Racecourse off the A38 / A380 on top of Haldon Hill. (use EX6 7XS on your satnav)

By kind permission of:



Exeter  
Racecourse



Forestry Commission  
England

Completed entry forms with an **A5 SAE** are to be returned by **11<sup>th</sup> April 2012** to:  
**Race Secretary, The Gables, Higher Ashton, Exeter, EX6 7QS**

Name		Sex	
Address		Phone	
Email		Age on race day	

- |                       |                           |             |             |
|-----------------------|---------------------------|-------------|-------------|
| Tick                  |                           |             | Fee         |
| <input type="radio"/> | I am a UKA License holder | Club: _____ | <b>£ 8</b>  |
| <input type="radio"/> | I am an unattached runner |             | <b>£ 10</b> |

Please make cheques payable to “**Haldon Trail Runners**”

Quality Tee-shirt size (unisex cotton)

XS	S	M	L	XL

A signed entry form will be considered acceptance of UK athletics rules and a declaration that you will compete on foot and run entirely at your own risk. Sorry no dogs or following cycles. Participants must not walk on the grassed race course circuit at any time.

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