



Sunday 4th July 2010 at 11am



Quantock Harriers

Presents

The Quantock Beast

5.7 Miles of Multi-Terrain Race
Race No 9 in the Somerset Race Series 2010

Sponsored by



Start and Finish at Fyne Court, Broomfield, Nr Bridgwater, TA5 2EQ

Entry Fee £5.00/£7.00 Unaffiliated ~ £1 extra on the day

Prizes

Entries Close Sunday 27th June 2010 or when 150 limit is reached.
The Quantock Beast is run under UK Athletic Rules SEAA Permit TBA

Next race in Somerset Series Haselbury Trail 10K Wed 4th Aug 2010

Race memento for all finishers
Various Spot Prizes

Presentation of Trophies & Medals
1pm in main hall for:-
Senior Males ~ 1st 2nd & 3rd
Senior Female ~ 1st 2nd & 3rd
Veteran Males ~ 1st V40, V50 & V60
Veteran Ladies ~ 1st V35, V45 & V55
Under 18's ~ 1st Male & 1st Lady
Male Team ~ 1st 4 to count
Female Team ~ 1st 3 to count
(if unaffiliated team must be named)

- Mile Markers along the course
- Free Car Park ~ at owners risk
- Water Station at finish
- Toilets but limited changing
- Results can be mailed for 50p
- Refreshments on sale at finish
- Spot Prizes ~ sponsored by local businesses
- Sports Massages

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Entries by Friday 25th June Cheques payable to: QUANTOCK HARRIERS with a: SAE to Helen Phillips, 15 Palm Tree Close, Bridgwater, TA6 4XB
Telephone: 07703395792. Email: helen@quantockharriers.co.uk

Surname:.....First Name.....Male/Female.....

Address:.....

Post Code:..... Tel. No..... Fee £5.00/£7.00

Age on Race Day.....Affiliated Club.....

Signed (#if under 18 by Parent or Guardian).....Date.....

Please note: By signing this entry form I declare that I will be 18 years (see note #) of age or older on July 4th 2010, I will abide by the UK Athletic Rules and will not hold the sponsors or organizers responsible for any accident, illness or damage to my person or property, resulting in this event.

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Broomfield, Nr Bridgwater, TA5 2EQ

Directions

Ordnance Survey reference - 182:ST222321

From M5 Junction 24

Fyne Court, Broomfield is approximately 6 miles from Huntworth
M5 Junction 24 follow A38 for 1 mile to North Petherton take
right turn following signs to Broomfield.