

## The Cosdon Hill Race - Sunday 09th July 2017 at 2:30pm

FRA Permit No: 2017 - 5223

Part of Belstone Village Fair, this traditional race has been going for many years. Take your own line to the top of Cosdon Hill (which can be seen from the start) then race back. The distance is approx. 3.2 miles with a climb of around 300m over rough open terrain.

Race Headquarters – park in the car park at Belstone, (near Okehampton) near the village hall. Marshals will direct runners to Race HQ. The start and finish is from the fair on the village green.

All entries on the day £5.00 – no pre-entries. Prizes for the first three male and female and age categories will be awarded. No mementoes - reflected in the low entry fee. Held under the rules of the Fell Runners Association, race classification AS.

## Marilyn's Meldon Madness - Saturday 05th August 2017 at 2:00pm

FRA Permit No: 2017 - 5097

(Formerly The Great West Fell Run)

The Great West Fell Run is the only race that takes you to the highest point in the south of England. The 415m ascent is tough enough to challenge any off-road runner but - at just five miles – it offers a rare opportunity for anyone to try their first fell race. The route is beautiful with stunning views over the county from Yes Tor and High Willhays (the highest point) before a welcome descent to Black Tor, and down Homerton Hill to the finish at Meldon Reservoir where tea, coffee and delicious cakes will be available.

A memento will be given to all finishers. Prizes to the first, second and third male and female. Prizes for the first M40, M50, M60, F40, F50, F60. The race will be held under the rules of the Fell Runners Association, race classification AS. There are a number of compulsory checkpoints at which all runners MUST give their number to the stewards. Due to the difficulty of marking the course accurately, self navigation is required by all runners. Race Headquarters is at Meldon Dam car park (near Okehampton grid ref SX561917). The start and finish is a short walk to the other side of the dam.

Pre entry: £8.00 - Entries on the day are welcome : £10.00

## The Oke Croak - Saturday 26th August 2017 at 11:00am

FRA Permit No: 2017 - 5096

The Oke Croak is a must for all off-road runners. The ten-plus mile route is challenging with 2,000 feet of ascent over the rugged moorland of northern Dartmoor. You will head out of Simmons Park through the beautiful wooded valley beside the River Oke-ment before starting the climb up the ancient "Goats path" to Oke Tor. Here you will be directed through the gap under the large stone after which you can draw breath before heading for East Mill Tor and Newbridge. At the top of Yes Tor, the highest point, admire the breath-taking views then downhill and homeward over Okehampton Common, past the Army Camp and back to the pavilion in the park where food and drink is available at the bar.

The race will be held under the rules of the Fell Runners Association, race classification BM. There are a number of compulsory checkpoints at which all runners MUST give their number to the stewards. Due to the difficulty of marking the course accurately, self navigation is required by all runners. Race Headquarters is at the pavilion in the park. The pavilion offers changing and showering facilities as well as a bar for post race refreshments. Car parking (pay and display) at Simmons Park Car Park, EX20 1EP - follow the brown tourist signs at the main traffic lights in Okehampton. There will be marshals at the car park to direct you to Race HQ. Pre entry: £10.00 - final date for postal applications 25th August. Entries on the day are welcome: £12.00. A memento will be given

## The Sourton Tors Race - Wednesday 06th September 2017 at 7:15pm

FRA Permit No: 2017 - 5095

A traditional "out and back" fell run of approx 2.6 miles ascending 300m to Sourton Tors. The route is entirely off-road on the open moorland of Dartmoor and whilst providing a challenge is within the capabilities of most runners. After the race enjoy a drink and a meal in the Bearslake Inn.

Race Headquarters is at the Bearslake Inn car park at Lake, on the A386 between Sourton (near Okehampton) & Tavistock. The start & finish is next to Race HQ. All entries on the evening £5.00 – no pre-entries. Prizes for the first three male and female and age categories will be awarded. No mementoes - re-

## RACE ENTRY FORM

Please send completed entry form to:

**The Race Secretary, 2 Kings Way,  
Lewdown, Okehampton Ex20 4DQ**

(cheques payable to Okehampton Running Club)

**pncrease@gmail.com**

Full Name: .....

Club: .....

Date of Birth: .....

Age: .....

Email: .....

The Cosdon Hill Race 09th July 2017

Marilyn's Meldon Madness 05th August 2017

The Oke Croak 26th August 2017

The Sourton Tors Race 06th September 2017

Category (Please circle below as appropriate)

Women: Sen W40 W50 W60

Men: Sen M40 M50 M60

Address: .....

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Postcode: .....

Phone No: .....

Vehicle Registration: .....

Emergency Contact: .....

Phone No: .....

Signed: .....

Date: .....

Please note: if the event should be cancelled for reasons outside our control we regret that refunds cannot be made. Such should circumstances arise, any profits will be donated to a local charity.

I understand that this race is held in accordance, and that I have familiarised myself, with both the Rules and Safety Requirements of the FRA. I confirm that I am aware of the Organiser's information and requirements in connection with this race. I confirm that I have navigational skills appropriate for this race and will carry throughout the race any equipment specified either by the FRA Safety Requirements or by the organiser. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other than the Organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the Organiser accepts no liability to me for any loss or damage of any nature to me or my property arising out of my participation in this race.

New for 2017 – No need to post form, just email me with your details prior to the event to get the reduced entrant fee. Then pay on the day.



For further information on any of the above races call 07885678671 or see [www.okeyraces.com](http://www.okeyraces.com) for details.