

Plymstock Road Runners present The Muddy Duck 10k and 3k Fun Run

Saturday 9th July 2022
Oreston Academy Playing Field
Plymstock PL9 7JY

RUN UNDER ARC RULES
ARC LICENCE: ARC22/167

Muddy Duck START 6pm - £10

10km. A 2-lap multi-terrain course taking in grass, footpaths, woodlands, water crossing and some public and private roads around Radford Park and the surrounding areas. 17 years and over only. No Entry on the day. Not suitable for wheelchairs or dogs. Please note that you WILL get wet!

FUN RUN- START 5.15pm - £2

3km. A single circuit around the same area as the Muddy Duck race. Suitable for all ages. Not suitable for wheelchairs or dogs

- Manned baggage area
- Race numbers to be picked up on the day
- Please park responsibly
- Both races start and finish at Oreston Academy playing field
- The wearing of music players with earphones is NOT allowed. Your safety could be put at risk if you can't hear marshal instructions
- No dogs or cyclists on the courses
- The courses are NOT suitable for wheelchairs or dogs



**The 30th time we have
put on a race!**

- 10k finisher prizes for 1st M & F Senior, FV35, MV40, FV45, MV50, FV55, MV60, FV65+ & MV70+
- Medals to all Fun Run finishers
- First Aid will be available throughout the evening
- Cheques payable to Plymstock Road Runners
- Postal entries to be received by 5 July
- Send completed entry form and & entry fee to:
Muddy Duck Race Secretary, 18 Campbell Road, Plymouth PL9 8UE
- BACS and online entry, directions and final details on our website:

plymstockroadrunners.co.uk

PLEASE ENTER ME FOR 10K

(please tick box) Fun Run

NAME

ADDRESS

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POST CODE

MOBILE.....

DATE OF BIRTH

AGE ON RACE DAY M/F

Email:

AFFILIATED CLUB

Or EA Licence No:

You agree that we may publish your personal information as part of the results of the Muddy Duck and Fun Run and may pass such information to ARC or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, club affiliation, race times and age category.

A signed entry form is considered as an acceptance of ARC rules and a declaration that you will compete on foot and run entirely at your own risk. Plymstock Road Runners and its sponsors accept no responsibility for participants failure to observe these requirements.

Minimum age for the Muddy Duck 10k is 17 years.

I AGREE TO THE ABOVE ENTRY CONDITIONS SIGNED

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(Parent or guardian if 16 and under Fun Run only)