

Ingatestone Boys' Own Club INGATESTONE '5' MILE ROAD RACE

SUNDAY 22nd SEPTEMBER 2019 11.00 A.M.

**VENUE: ANGLO EUROPEAN SCHOOL, WILLOW GREEN, INGATESTONE, ESSEX.
CM4 ODG**

ONLINE ENTRIES: <https://www.entrycentral.com/Ingatestone5MileRoadRace>

POSTAL ENTRIES TO:

KEITH CRANMER, 10 PLOVER WALK , CHELMSFORD, ESSEX CM2 8XX

TELEPHONE: 01245 354104 or 07933 738855

ENTRY FEES: £9 For affiliated runners over 15 years old.

£11 For un-affiliated runners over 15 years old.

ENTRY ON THE DAY £13 FOR ALL, UP TO 10.45 A.M.

PLEASE MAKE CHEQUES PAYABLE TO INGATESTONE BOYS OWN CLUB

POSTAL ENTRIES CLOSE: 16th SEPTEMBER 2019

**Please enclose a stamped addressed envelope for number and course details.
Prizes for at least first 3 Men, Women & Veterans, under 20's men and women.
Plus First Ingatestone Residents: Men & Women and Under 18's
Mementos to ALL FINISHERS**

**START: ANGLO EUROPEAN SCHOOL FINISH: IN NEW ROAD CLOSE TO A12 CUT
OFF BY SUB WAY**

LIMITED CHANGING AVAILABLE

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ENTRY FORM

NAME.....ADDRESS.....

MALE/FEMALE (DELETE AS APPROPRIATE) PHONE NUMBER.....

AFFILIATED CLUB.....AGE AS AT 22.9.2019.....

(Please note runners will not be allowed to run with earphones or mobile phones during the race.)

I confirm that I am fit to run and will not hold the organisers responsible for any problems I might suffer following the event.

Signed.....