



Ingatestone Rotary



Anglo European School



Hepburns Foods

## **Ingatestone Boys'Own Club** **'5' MILE ROAD RACE**

**SUNDAY 18th SEPTEMBER 2022 11.00A.M.**  
**VENUE: ANGLO EUROPEAN SCHOOL,**  
**WILLOW GREEN, INGATESTONE,**  
**ESSEX. CM4 ODG**

**ENTRY FEES: £12 For affiliated club runners**  
**£14 For un-affiliated runners Minimum age 15 on**  
**18/9/2022**

**Prizes for at least first 3 Men, Women & Veterans, under 18's men**  
**and women and Team Awards.**  
**Plus First Ingatestone Residents: Men & Women**

**Mementos to ALL FINISHERS**

**START: ANGLO EUROPEAN SCHOOL FINISH: IN NEW ROAD**  
**ROUTE: AROUND FRYERNING AND BEGGAR HILL**

**VISIT**

**<https://www.entrycentral.com/Ingatestone5MileRoadRace>**

**FOR ONLINE ENTRY**

**<http://www.ingatestone5.co.uk/> TO DOWNLOAD AN**

**ENTRY FORM**

**ALL ENTRIES ON THE DAY £16**