

Ingatestone Boys' Own Club



INGATESTONE 5 MILES ROAD RACE

SUNDAY 19th SEPTEMBER 2010 at 11.00 a.m.

Venue: ANGLO EUROPEAN SCHOOL, WILLOW GREEN, INGATESTONE, ESSEX CM4 0DG

ENTRIES TO: HOWARD WILLIAMS, 84 TYLANDS, BILLERICAY, ESSEX CM12 9PB

TELEPHONE: 01277 625294

ENTRY FEES: £7 For affiliated runners over 15 years of age.
£9 For un-attached runners over 15 years of age.
Entry on the day £10 for all (up to 10.45 a.m.)

POSTAL ENTRIES: Close 10th SEPTEMBER 2010

Please enclose S.A.E. (approx. 9" x 7") for number and map

. **PRIZES:** To at least first 3 Men, Women & Veterans
and first under 20's Male and Female
Mementos to ALL RUNNERS

START: At the school **FINISH:** Close to A12 cut-off
Liimited changing at the school

Please note:

No runner will be allowed to wear earphones or use a mobile phone during the race.

Complete and cut-off Entry Form, forwarding to Howard Williams at above address. Retain this section.



OFFICIAL ENTRY FORM

INGATESTONE 5 MILES ROAD RACE

Please enter me in Ingatestone '5' - 2010
I enclose my cheque, made out to
'INGATESTONE BOYS' OWN CLUB'
together with a SAE approx. 9" x 7".

Official Use
Race No:

NAME

PHONE NUMBER

ADDRESS

MALE / FEMALE (Delete as appropriate)

TOWN

Please enter AGE on 20.9.10

Post Code

AFFILIATED CLUB

I confirm that I am fit to run and will not hold the organisers responsible for injuries or problems occurring as a result of the event.

Signed.....

Please note: No runner will be allowed to wear earphones or use a mobile phone during the race.