

Ingatestone Boys' Own Club



INGATESTONE 5 MILES ROAD RACE

SUNDAY 18th SEPTEMBER 2011 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-affiliated runners over 15 years of age.
ENTRY ON THE DAY £10 FOR ALL, UP TO 10.45 a.m.

POSTAL ENTRIES: Close 9th SEPTEMBER 2011
Please enclose S.A.E. (approx. 9" x 7") for number and map

PRIZES:

for at least first 3 Men, Women & Veterans, under 20's Boys and Girls
plus First Ingatestone Residents (Men & Women)

Mementos to ALL FINISHERS

START: Anglo European School **FINISH:** In New Road, close to A12 cut-off by subway

Limited changing available 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' - 2011
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 18.9.11

Post Code

AFFILIATED CLUB

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.....

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