

Ingatestone Boys' Own Club

INGATESTONE '5' ROAD RACE



SUNDAY 20th SEPTEMBER 2009 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 old.

£9 For un-attached runners over 15 years old.

ENTRY ON THE DAY £10 FOR ALL, UP TO 10.45 A.M.

POSTAL ENTRIES CLOSE: 16TH SEPTEMBER 2009

Please enclose a stamped addressed envelope approx. 9" x 7" for number and course details.

Prizes for at least first 3 Men, Women & Veterans.

Plus First Ingatestone Residents (Men & Women)

Mementos to ALL FINISHERS

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

LIMITED CHANGING AVAILABLE

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

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



OFFICIAL ENTRY FORM INGATESTONE '5' ROAD RACE

Please enter me in Ingatestone '5' - 2009
I enclose my cheque, made out to
'INGATESTONE BOYS' OWN CLUB'
together with a SAE approx. 9" x 7".

Official Use
Race No:

SURNAME

FORENAME

ADDRESS

PHONE (Contact)

Please indicate: MALE Or FEMALE

TOWN

Please enter AGE on 20.9.09

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.....