

## **Ingatestone Boys'Own Club**

### **'5' MILE ROAD RACE**

**SUNDAY 18th AUGUST 2024 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 17/8/2024. Entries are available on the day - up till 10:45 am £15 for both affiliated and Non-affiliated runners – Please arrive early**

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

**START: IN NEW ROAD**

**FINISH: ANGLO EUROPEAN SCHOOL**

**ROUTE: AROUND FRYERNING AND BEGGAR HILL**

**FOR ONLINE ENTRY - VISIT**

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

**For all online entries please collect your number on the day of the race at 10.30 am latest from the Anglo European School.**

**TO DOWNLOAD AN ENTRY FORM**

**<http://www.ingatestone5.co.uk/>**

**IMPORTANT INFORMATION FOR ESSEX CHAMPIONSHIP ENTRIES:-**

**The Race also includes the Essex County 5 Mile Championships for Essex qualified runners. To qualify runners must either be born in Essex or been resident in Essex during the past 9 months. They must also be England Athletics Registered and enter both their EA affiliation number and affiliated Club. They must also select the checkbox that appears later in the entry process. Championship runners are reminded that they must wear their club vest during the race to avoid disqualification.**

**There is a separate Essex U20 Championships. To qualify for this runners must be born between 1st September 2003 and 31st August 2006 (i.e. aged between 17 and 20 in the 2023/2024 athletics year).**