

UNDER UK ATHLETICS RULES

SPRINGFIELD STRIDERS



FRIDAY NIGHT 5 MILE ROAD RACE

13 JUNE

7.45PM



THE GREEN MAN
HOWE STREET
(The oldest pub in Essex)
JUST OFF THE A130



BETWEEN CHELMSFORD & DUNMOW

Measured, quiet, undulating country lane course
ORGANISED & MARSHALLED BY RUNNERS
NO MEDALS ETC, BUT ENTRY FEE INCLUDES BURGER

ENTRY FEES
ATTACHED £4
UNATTACHED £6

UKA
LICENCE NO
10522
CERTIFICATE OF
COURSE
ACCURACY NO.
SEAA 99/075



ON THE NIGHT £7 IF AVAILABLE - OVERSUBSCRIBED IN THE PAST
CHECK WEBSITE FOR LATEST INFORMATION

www.springfieldstriders.org.uk

Send entry form below or universal entry form to:-
Kevin Wright, 36 School Lane, Broomfield, Chelmsford, Essex. CM1 7DR

SURNAME.....FORENAME/S.....

ADDRESS.....

.....

.....

DATE OF BIRTH.....(You must be over 15) MALE/FEMALE

AFFILIATED CLUB.....

BURGER VEGGIE BURGER Please tick one only
I enclose a cheque/PO payable to SPRINGFIELD STRIDERS for £4/£6 plus a 9" x 4" stamped, self addressed envelope. I understand that I will participate in this event at my own risk and that the organisers will in no way be held responsible for any injury, loss or damage to my person or belongings during or as a result of this event.

SIGNED.....DATE.....

LONG PRIZELIST. IF WINNERS ARE NOT AT THE PRIZEGIVING
IN THE GARDEN AFTERWARDS PRIZES GO TO THE NEXT PERSON PRESENT