



Sunday 28th March 2010, 11.00am
A new 5 mile road race in Essex
Organised by Braintree & District Athletic Club
www.braintreeanddistrictac.co.uk

- Starting close to Great Notley Country Park
- Slightly undulating fast rural course
- Quality T shirt and goody bag to all finishers
- Prizes 1st, 2nd, 3rd, Men and Ladies Seniors; 1st place Ladies 15-18, V35, V45, V55, V65; and Men 15-18, V40, V50, V60, V70.
- Teams - 1st 3 to count - 1st Men's, 1st Ladies, no entries on the day
- Joscelyne Chase Trophy for 1st Business Team (Ladies, Men or Mixed)
- Trophy for 1st School or College Team (Ladies, Men or Mixed)
- Donation to Helen Rollason Cancer Charity
- Refreshments by Parc Play and Resource Centre
- Toilets and Changing Area
- Organised under UK Athletic Rules
- UK Athletic Road Race Permit 2009-100383
- UKA South of England Measurement Certificate 09/111
- Chip Timing
- Closing date for entries 24/3/2010 (or when race limit is reached)
- Sorry, we cannot cater for wheelchair contestants
- No accompanying dogs or cyclists
- Race Headquarters: The Discovery Centre, Great Notley Country Park Braintree, Essex CM77 7FS
- Entry Limit 500. Entries on the day close 10am
- St John's Ambulance in attendance

APPLICATION FORM Please fill out all your details below using BLOCK CAPITALS. Only one entry per form.

Surname:		First Name:		<input type="checkbox"/> Male <input type="checkbox"/> Female	
Address:					
				Postcode:	
Telephone:		Email:			
Date of Birth:		Age on 28/3/2010:		(minimum age 15)	
UK Affiliated Athletics Club:				Affiliation Number:	
Entry: <input type="checkbox"/> £8.00 UK Affiliated Club Members		<input type="checkbox"/> £10.00 Unaffiliated		<input type="checkbox"/> £12.00 on the day	
Cheques Payable to Braintree & District AC					
Team Name:				Tick one box: <input type="checkbox"/> Ladies <input type="checkbox"/> Men <input type="checkbox"/> Business <input type="checkbox"/> Education	
T shirt size: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL		We record entrants' details on computer. Please tick here if you do not wish to receive information on our future events: <input type="checkbox"/>			

Declaration: I agree to abide by the rules of the event and that the official's decision is final. I confirm that I have no medical disability that would endanger myself or others by taking part (and will not run if unfit on the day). I understand that the organisers will not be liable for any loss, damage, injury or illness howsoever caused as a result of my entering the race. I agree that during the race I will obey marshals instructions, keep to the left hand side of the road and not cross to the other side unless informed to do otherwise by an official. Braintree and District Athletic Club has an equality and diversity policy that includes all runners regardless of age, gender, sexual preference, race, colour, belief or social background. No Ipods or earphones allowed. We agree that photographs will be taken at the event for online sale.

Signed: _____ of Parent or Guardian: _____ Date: _____
 If Under 18 Signature

Send your completed entry form together with the correct entry fee and correctly stamped addressed envelope to:
The Braintree 5, 1 Breach Farm Cottage, Breach Lane, Great Easton, Nr Great Dunmow, Essex CM6 3QT
 Email queries to: roadrunning@braintreeanddistrictac.co.uk



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