



**Colchester & Tendring
Athletic Club** www.cat-ac.co.uk



**Entry Fee £2 per
event**

30th August 2010

**1st Event 11am
Last Event 5pm**

August Bank Holiday Open

**Colchester & Tendring AC
along with Braintree &
District AC are proud to
announce the Bank holiday
open**

**Medals for top
3 finishers**

**Closing date for entries
26th August 10**

**Return completed entry forms to:
Champs Secretary
35 Anthony Close
Colchester
Essex
CO4 0LD**

**CHEQUES SHOULD BE MADE PAYABLE TO
COLCHESTER & TENDRING AC**

**EMAIL ENQUIRIES TO INFO@CAT-AC.CO.UK
SEE WEBSITE FOR TIMETABLE**