

UNDER UK ATHLETICS RULES



SPRINGFIELD STRIDERS

FRIDAY NIGHT 5 MILE ROAD RACE

10 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

ENTRY FEE INCLUDES BURGER OR HOT DOG

ENTRY FEES
ATTACHED £5
UNATTACHED £7

UKA
LICENCE NO
Applied for
CERTIFICATE OF
COURSE
ACCURACY NO.
10/160



ABSOLUTELY NO ENTRY ON THE DAY

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.....UKA Affiliated Athlete's Licence No.....

BURGER VEGGIE BURGER HOT DOG Please tick one only
I enclose a cheque/PO payable to SPRINGFIELD STRIDERS for £5/£7 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