



Sunday 27th March 2011, 11.00am  
**A 5 mile road race for all!**

**Organised by Braintree & District Athletic Club**

**www.braintreeanddistrictac.co.uk**

- Starting close to Great Notley Country Park
- Slightly undulating fast rural course
- Club prizes 1st Male 15-18, Senior, V40, V50, V60 & V70. 1st Female 15-18, Senior, V35, V45, V55 & V65
- Essex Championship prizes 1st, 2nd & 3rd Male Senior, V40, V50, V60, 70 & Men's Team. 1st, 2nd & 3rd Female Senior, V35, V45, V55, 65 & Female Team.
- Trophy for 1st School or College Team (Ladies, Men or Mixed)
- Trophy for the 1st Business Team (Ladies, Men or Mixed)
- Quality T shirt to all finishers
- Donations will be made to Helen Rollason Cancer Charity, PARC and Essex Wildlife Trust.
- Refreshments available at the Discovery Centre
- Toilets and Changing Area
- Organised under UK Athletic Rules
- UK Athletic Road Race Permit 2011-101341
- UKA South of England Measurement Certificate 09/111
- Chip Timing
- Closing date for entries 22/3/2011 (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 600. No on the day entries
- 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 27/3/2011:		(minimum age 15)	
UK Affiliated Athletics Club:				Affiliation Number:	
Entry: <input type="checkbox"/> £9.00 UK Affiliated Club Members		<input type="checkbox"/> £11.00 Unaffiliated		Entry into Essex Championship Series? <input type="checkbox"/> Yes <input type="checkbox"/> No	
				Cheques Payable to Braintree & District AC	
Team Name:				Tick one box: <input type="checkbox"/> Business <input type="checkbox"/> Education	
T shirt size: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L		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: \_\_\_\_\_ If Under 18 Signature of Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Send your completed entry form together with the correct entry fee and correctly stamped addressed envelope to:  
**The Braintree 5, Fostering People Too, 46 Springwood Drive, Braintree, Essex CM7 2YN.**  
 Email queries to: [roadrunning@braintreeanddistrictac.co.uk](mailto:roadrunning@braintreeanddistrictac.co.uk)



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