



# 25<sup>th</sup> WITHAM RUNNING CLUB BOXING DAY 5 MILE RACE



[www.withamrc.org.uk](http://www.withamrc.org.uk) Running for all in the Community

**11 am, 26<sup>th</sup> December 2008 at Witham Football Club, Spa Road, Witham. CM8 1UN**  
Under UK Athletic Rules. UK Athletics Licence No: 11250. SEAA Measured Course Certificate 08/062.

Course: fast, undulating, mainly rural, all road. Commemorative t-shirt to all finishers

**Sorry, we cannot cater for wheelchair contestants. No accompanying dogs or cyclists.**

**Time limit: 70 minutes. Car Parking, changing, showers, refreshments.**

**NB The car park at the Football Club will be closed until all the runners have finished.**

Presentation ceremony shortly after the race. Trophies (one per winner) will be awarded as follows:

First three males. First three females, First MV 40, MV 50, MV 60

First FV 35, FV 45, FV 55, First Male and Female under 18

Supported by:



Part funding for equipment used at this event has been provided by England Athletics East Region. The event has also been funded by Grassroots Grants, which is funded by the Office of the Third Sector

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

email address (please write clearly): \_\_\_\_\_

Sweatshop, one of our sponsors has asked for email addresses and/or postal addresses. We have asked for an assurance that they will be used only for Sweatshop business and not distributed to "associates" and that they will be used sparingly.

Please tick the yes box below if you agree your email and/or postal address being forwarded to Sweatshop.

You may forward my postal address to Sweatshop  Yes  No  
You may forward my email address to Sweatshop  Yes  No

Category (Select one):	M Under 18	M18 to 39	M40 to 49	M50 to 59	M60+
	F Under 18	F18 to 34	F35 to 44	F45 to 54	F55+

Lower age limit – D.O.B must be on or before 31 Aug 1993

Telephone (Day): \_\_\_\_\_ Telephone (Evening): \_\_\_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_

Affiliated Club: \_\_\_\_\_ UK Athletics Registration Number: \_\_\_\_\_

**Entry Fees: Affiliated £7.00 / Non-affiliated £9.00. £10.00 on the day.**

**Please make cheques payable to Witham Running Club and enclose a 9" by 6" SAE  
Send to Frank Haney, 49 Broadway Silver End, CM8 3RE  
Closing date for postal entries 20 December. Entries on the day close at 10.30am**

Please enter me for the Witham Boxing Day 5 Mile Run. I declare that I am an amateur. I agree to abide by UKA Rules, and that the decision of the Race Organisers in all matters of the Race shall be final. I agree to accept full responsibility for my own person and possessions on the day.

Signature: \_\_\_\_\_

Apply online at <http://www.runnersworld.co.uk/>