

Witham Running Club

26th Boxing Day 5

Enter online at www.runnersworld.co.uk



11 am, 26th December 2009,
Witham Football Club, Spa Road, Witham. CM8 1UN

Under UK Athletic Rules. UK Athletics Licence No: 11250. SEAA
Measured Course Certificate 08/062r.

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 MV40, MV50, MV60, MV70

First FV35, FV45, FV55, FV65

First Male and Female under 18

Supported by:

GUY CARPENTER



MARSH MERCER KROLL
GUY CARPENTER OLIVER WYMAN

Beckerleg Cabling Services
Data & Voice Structured Networks
T: 07702 997351

ALL - CLEAR
Skip Hire

Braintree: 01376 325699
Witham: 01376 552174



China BLUE grassroots
RESTAURANT @ LOUNGE BAR grants

The event has been funded by Grassroots Grants, which is funded by the Office of
the Third Sector.

www.withamrc.org.uk

WITHAM BOXING DAY 5 ENTRY FORM

First Name:.....

Surname:.....

Address:.....

.....

..... Post Code:.....

Telephone:.....

email address:.....

(Please write clearly)

Category (Select One)

M U18	M18-39	M40+	M50+	M60+	M70+
F U18	F18-34	F35+	F45+	F55+	F65+

NB Minimum age: 15 on the day of the race

Date of Birth:...../...../.....(dd/mmm/yyyy) Age:.....

Affiliated Club:.....

UK Athletics Reg No:.....

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

Make cheques payable to Witham Running Club and send to:

Frank Haney, 49 Broadway, Silver End, CM8 3RE

Enclose SAE. (Remember, if it's bigger than 240cm x 165cm it needs extra postage)

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:.....