

RUN YOUR BOX OFF!



BOXING DAY 5

11AM – 26 DEC 2015: WITHAM FC, SPA ROAD CM8 1UN

COMMEMORATIVE TECHNICAL 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.

Parking: Will be available at the new Witham Leisure Centre, Spinks lane, CM8 1EP
Parking at the football club will be limited to Race officials, Marshals and Disabled parking only and will be closed until all runners have finished.

PRESENTATION CEREMONY:

Will be shortly after the race with one trophy per winner awarded as follows:

Males: 1st 3 males, 1st: U18, MV40, MV45, MV50, MV55, MV60, MV65, MV70

Females: 1st 3 females, 1st: U18, FV35, FV40, FV45, FV50, FV55, FV60, FV65

Teams: 1st female team and 1st male team

OUR SPONSORS:



Under UK Athletic Rules. UKA Licence No. 2015-14470. SEAA Measured Course Certificate 13/292

www.withamrc.org.uk/bd5

BOXING DAY 5 ENTRY FORM



First Name (please write clearly)

Surname

Address

Post code

Telephone

Email

Category (circle one)

Male U18 18-39 40+ 45+ 50+ 55+ 60+ 65+ 70+

Female U18 18-34 35+ 40+ 45+ 50+ 55+ 60+ 65+

NB: Minimum age: 15 on the day

Date of Birth (dd/mm/yyyy) / / Age

Affiliated Club

UK Athletics Reg. No.

Entry Fee: **Affiliated £9** **Non-affiliated £11** **On the day £12**

Make cheques payable to 'Witham Running Club' and send to:

BD5, 4 Clare Road, Braintree, Essex CM7 2PA

or enter via the website: www.withamrc.org.uk/bd5

All numbers/chips to be collected on the day. No refunds.

Please enter me for the Boxing Day 5. I declare that I am an amateur. I agree to abide by the UKA rules, and that the decision by the race organisers in all matters of the race shall be final. I agree to accept full responsibility for my own personal possessions on the day.

Signature