



Langham 10K



A run through Constable Country

11 am Sunday 09 September 2007

(SEAA Measurement Certificate SEAA01/059 Permit No: 1074)

Race HQ: Langham Community Centre

Parking/Registration/Finish/Run Start/ Limited changing and showers available

Food & refreshments, Large Children's Play Area

Medal for all finishers

Trophies in the following categories (one for each person):

10K Run: 1st/2nd/3rd Male

1st/2nd/3rd Female

1st Vet (40+) Male/Female

1st Vet (50+) Male/Female

1st Junior Male/Female (Under 18 – minimum age 15)

Power Plus Trophy – Fastest Langham Resident

Entry forms available from Gill Salt Tel: 01206 230406 or email: gill@the-salts.com

Entries: Please send £6.00 affiliated £8.00 unaffiliated.

Cheques made payable to: **Friends of Langham School**. Please enclose SAE (min 8x6).

£2.00 extra for 10K entries on the day (**registration on 09/09 from 09.30-10.30 am only**)

Postal closing date 19 August 2007 to qualify for your free race T-shirt.

Please indicate size: S/M/L/XL (10K Race only – collect on the day)

Please print clearly in block letters:

Name.....Sex M/F.....

Address.....

.....Post Code.....

Email.....Age (09.09.07).....Club (if applicable).....

Race entered: 10K

Cheque enclosed £..... With SAE (Min 8x6)

Send to: Gill Salt, 'The Bartons', Wick Road, Langham, Colchester, Essex, CO4 5PG

To the Friends of Langham School: I declare that I will abide by the rules and laws of UK Athletics. I am not under the minimum age to enter this event, and that I accept that the organisers will not be liable for any loss, damage, action, claim, injury cost or expenses which may arise in consequence of my participation of this event. I declare that I will not compete in this race unless medically fit on the day of the race, and that I will compete at my own risk.

Signature.....(Parent/Guardian to sign for under 16s) Date.....

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All proceeds to Friends of Langham School

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