



MERSEA ISLAND LIONS (Registered Charity Number 1003970)



ANNUAL 10 MILE/5 MILE RACES, 2007 (Road Race Permit SEAA 7131/1287)

Accuracy Cert UK: A RRC SEAAO4/024, Under UK Athletics Rules

CHARITIES SUPPORTED MI Lions Charities

COURSE Fast, slightly undulating scenic rural roads, including sea views. 10 Miles (2 laps of 5 Miles) and 5 Miles (10 Mile Course Record, 2002, Adrian Mussett 51-17).

DATE, TIME & PLACE Bank Holiday Sunday 26th August 2007, 10.30am start. Car Park, Willoughby Ave / The Esplanade, West Mersea, Mersea Island (Nr. Colchester), Essex.

Table with columns for PRIZES (TROPHIES), MEN/LADIES, VETERANS, and 5 Miles. Includes age categories like 1st Man 40+, 1st Man 50+, etc.

PRIZES KINDLY DONATED BY CC DISCOUNT HEATING INCLUDING MEDALS TO ALL FINISHERS

Table with columns for ENTRY FEES, 10 Miles (Minimum Age 17 Yrs), 5 Miles (Min 15yrs), and (On day entries for both 5 & 10 Miles 8am to 9.30am only).

ENTRY FORM (PLEASE ENSURE ALL DETAILS GIVEN)

PLEASE TICK AS APPROPRIATE 5 MILES () 10 MILES ()

SEX: MALE () FEMALE ()

FIRST NAME..... SURNAME.....

CLUB (IF AFFILIATED)..... AGE ON DAY OF RACE

ADDRESS.....

.....POST CODE.....

Tel No.....

N.B. IF YOU LATER DECIDE TO CHANGE THE CHOSEN DISTANCE RUN, PLEASE ADVISE THE LATE ENTRY TENT ON ARRIVAL, AS WINNERS WILL ONLY BE DECLARED ON THE LENGTH OF RACE ENTERED.

To Mersea Island Lions Club: I am medically fit to run and accept that the organisers or any assisting personnel will not be held liable for any loss, accident or injury to myself before, during or resulting from the event. I understand the organisers reserve the right to refuse entry for any reason, or cancel the event without notice, if necessary.

N.B. Please ensure you sign here Signed:..... (Parent or Guardian if Under 16 Years)

Please return this Entry Form with appropriate entry fee (see amounts above) and first class 9x6 inch SAE (for information schedule/race number) to:

Terry Walker 26 Garden Farm West Mersea, Essex C05 8ES. (Tel No 01206 383640) Cheques/P.O.'s to be made payable to Mersea Island Lions Club. Closing date for pre-entries, 18th August 2007.

REFRESHMENTS ETC FAMILIES WELCOME

SPONSORED BY CC DISCOUNT HEATING, COLCHESTER.