

UNDER UK ATHLETICS RULES

SPRINGFIELD STRIDERS



FRIDAY NIGHT 5 MILE ROAD RACE

23 JUNE 7.45PM

ENTRY LIMIT
250

PLESHEY
VILLAGE HALL



Two lap spectator friendly course on quiet country lanes

ORGANISED & MARSHALLED BY RUNNERS
NO MEDALS ETC, BUT ENTRY FEE INCLUDES BURGER
BBQ/BAR/THE FAMOUS PLESHEY CAKE STALL

ENTRY FEES	
ATTACHED	£6
UNATTACHED	£8

UKA
LICENCE NO
2017-12980
CERTIFICATE OF
COURSE
ACCURACY NO.
SEAA 14/158



CLOSING DATE JUNE 16
ABSOLUTELY NO ENTRIES ON THE DAY

www.springfieldstriders.org.uk

Send entry form below or universal entry form to:-
Kevin Wright, 36 School Lane, Broomfield, Chelmsford, Essex. CM1 7DR

SURNAME.....FORENAME/S.....

ADDRESS.....

.....

DATE OF BIRTH.....(You must be over 15) MALE/FEMALE

AFFILIATED CLUB
Your individual UKA Licence No.....

BURGER VEGGIE BURGER Please tick one only

I enclose a cheque/PO payable to SPRINGFIELD STRIDERS for £6/£8 plus a 9" x 4" stamped, self addressed envelope. I understand that I will participate in this event at my own risk and that the organisers will in no way be held responsible for any injury, loss or damage to my person or belongings during or as a result of this event.

SIGNED.....DATE.....

TO HELP US WITH THE BAR. DO YOU DRINK

REAL ALE LAGER CIDER SOFT DRINKS OTHER