

UNDER UK ATHLETICS RULES

# SPRINGFIELD STRIDERS



# FRIDAY NIGHT 5 MILE ROAD RACE

29 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	£6.50
UNATTACHED	£8.50

UKA  
LICENCE NO  
2018-30336  
CERTIFICATE OF  
COURSE  
ACCURACY NO.  
SEAA 14/158



CLOSING DATE JUNE 22  
ABSOLUTELY NO ENTRIES ON THE DAY

[www.springfieldstriders.org.uk](http://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 £6.50/£8.50 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