



# WITHAM RUNNING CLUB BOXING DAY 5 MILE RACE



Sponsored by:



Beckerleg  
Cabling  
Limited



[www.withamrc.org.uk](http://www.withamrc.org.uk) Running for all in the Community

**11 am, 26<sup>th</sup> December 2006 at Witham Football Club, Spa Road, Witham**

Under UK Athletic Rules. SEAA Permit applied for. BARR Bronze grading.

SEAA Measured Course Certificate 03/135.

Course: fast, undulating, mainly rural, all road.

**Sorry, we cannot cater for wheelchair contestants. No accompanying dogs or cyclists.**

**Time limit: 70 minutes. Car Parking, changing, showers, refreshments, mince pies.**

Presentation ceremony shortly after the race. Trophies (one per winner) will be awarded as follows:

First three males. First three females, First MV 40, MV 50, MV 60

First FV 35, FV 45, FV 55, First Male and Female under 18

**Commemorative t-shirt to all finishers**

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Category (Select one):	M Under 18	M18 to 39	M40 to 49	M50 to 59	M60+
	F Under 18	F18 to 34	F35 to 44	F45 to 54	F55+

Lower age limit – D.O.B must be on or before 31 Aug 1991

Telephone (Day): \_\_\_\_\_ Telephone (Evening): \_\_\_\_\_

Affiliated Club: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_ email address: \_\_\_\_\_

**Entry Fees: Affiliated £5.00 / Non-affiliated £7.00. £2 extra on the day.**

**Please make cheques payable to Witham Running Club and enclose a 9" by 6" SAE  
Send to Frank Haney, 49 Broadway Silver End, CM8 3RE  
Closing date for postal entries 17 December 2006. Entries on the day close at 10.30am**

Please enter me for the Witham Boxing Day 5 Mile Run. I declare that I am an amateur. I agree to abide by UKA Rules, and that the decision of the Race Organisers in all matters of the Race shall be final. I agree to accept full responsibility for my own person and possessions on the day.

Signature: \_\_\_\_\_

Apply online at <http://www.runnersworld.co.uk/>