

Grange Farm & Dunmow Runners

SEAA Affiliated

Stebbing 10 Mile Road Race Sunday 9th November 2008- 11:30 am

Course Highly regarded course on quiet country lanes. Run under BAF rules.
Certified Accurate ?????????? SEAA Road Race Permit applied for

Printed from the web



Venue Start & finish at Stebbing County Primary School,
Stebbing High Street, Nr Great Dunmow, Essex
Strict limit 500 entries
Ample parking & refreshments available
PLEASE DO NOT PARK IN THE HIGH STREET

Trophies

Male	Female
1 st three	1 st three
1 st Vet (over 40)	1 st Vet (over 35)
1 st Supervet (over 50)	1 st Supervet (over 45)
1 st team 3 to count	1 st team 3 to count


**GRANGE FARM
& Dunmow Runners**

£100 prize for new course records Memento to all finishers

Fees

Advance entries	£9 affiliated / £11 non affiliated
Entry on the day	£10 affiliated / £12 non affiliated

www.GrangeFarmDunmowRunners.co.uk

Cheques made payable to "Grange Farm & Dunmow Runners"
Closing date for postal entries Friday 31st October 2008
Entries will be accepted on the day, late entries close 11.15am
Cut of time 2 hours 15 minutes

See website for further details
Online entry available at www.runnersworld.co.uk

**Grand Prix
Series 2008**

PLEASE COMPLETE CLEARLY, FULLY AND IN BLOCK CAPITALS

Surname:		First Name:	
Sex: Male / Female	Age on race day:	Date of Birth: / / <small>Competitors must be over 16</small>	
Affiliated	Affiliated Club:		
Address:			
			Post Code:
Telephone (daytime):		(evening):	
Email:		Entry Fee Enclosed £	
<small>I declare that I am medically fit to compete and that I enter at my own risk. The organisers shall not be liable for any injury, loss or damage caused by my participation in this event. Data Protection Act: Details will be held on computer by Grange Farm & Dunmow Runners to aid organisation of this event and may be used to inform you of future club events. Please tick this box if you do not wish to receive details of future events <input type="checkbox"/></small>			For official use only
Signed _____			Stebbing 10 mile (Printed from the web)
Send entries with a 7"x10" S.A.E and cheque made payable to: Grange Farm & Dunmow Runners			
To: Grange Farm & Dunmow Runners Entries, Grange Lane, Little Dunmow, Essex, CM6 3HY			