

The Tilty Hilly 5M

Printed from Web

Sunday 1st June 2008 start 11am

Start and finish at Great Easton Primary School, Nr Gt Dunmow
A scenic 5 mile road race on quiet country lanes.

Plus the Buster Mile fun run – entries only on the day

- ✳ Prizes for multiple categories
- ✳ £100 prize for new course records
- ✳ Team entries 3 runners to count
- ✳ T-shirt to all finishers
- ✳ Marshals & First Aid
- ✳ Water station
- ✳ Strict Limit of 500 entries



Permit applied for



Affiliated - £8.00

www.GrangeFarmDunmowRunners.co.uk

Non-affiliated - £10.00

Entry on the day £1.00 extra. Cheques payable to "Grange Farm & Dunmow Runners".
Please enclose 8" x 6" (minimum) SAE

Closing date for postal entries: Friday 23rd May '08. Entries received after this date to be collected on the day from the help desk.
Numbers will be dispatched no more than 4 weeks prior to the race

On line entry available at www.runnersworld.co.uk

**Part of the Grange Farm & Dunmow Runners Grand Prix series 2008 including :
Felsted 10K - 13th July and Stebbing Remembrance Day 10 mile – 9th November
See website for further details**

PLEASE COMPLETE CLEARLY, FULLY AND IN BLOCK CAPITALS

Sex: Male / Female	Age on race day:	Date of Birth: / / <small>Competitors must be over 16</small>
Surname:		First Name:
Affiliated	Affiliated Club:	
Address:		
		Post Code:
Telephone (daytime):		(evening):
Email:		Entry Fee Enclosed £
<p><i>I declare that I am medically fit to compete and that I enter at my own risk. The organisers will not be responsible for any injury, loss or damage caused by participation. <u>Data Protection Act</u>: Details will be held on computer by Grange Farm & Dunmow Runners to aid in the organisation of this event and may be used to inform you of future events. Please tick this box if you do not wish to receive further mailings.</i> <input type="checkbox"/></p>		For official use only
Signed _____		Tilty Hilly 5 Printed from web
Send entries with a cheque or postal order made payable to: Grange Farm & Dunmow Runners		
To: Grange Farm & Dunmow Runners Entries, Grange Lane, Little Dunmow, Essex, CM6 3HY		