

# Grange Farm & Dunmow Runners

SEAA Affiliated

## Stebbing 10 Mile Road Race Sunday 14<sup>th</sup> November 2010- 11:30 am

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



**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**

<b>Male</b>	<b>Female</b>
1 <sup>st</sup> three	1 <sup>st</sup> three
1 <sup>st</sup> Vet (over 40)	1 <sup>st</sup> Vet (over 35)
1 <sup>st</sup> Supervet (over 50)	1 <sup>st</sup> Supervet (over 45)
1 <sup>st</sup> team 3 to count	1 <sup>st</sup> team 3 to count



£100 prize for new course records Memento to all finishers

**Fees**

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

[www.GrangeFarmDunmowRunners.co.uk](http://www.GrangeFarmDunmowRunners.co.uk)

**Grand Prix  
Series 2010**

Cheques made payable to "Grange Farm & Dunmow Runners"  
Closing date for postal entries Friday 5<sup>th</sup> November 2010  
Entries will be accepted on the day if limit not reached, see website for update  
Late entries close 11.15am, race cut off time 2 hours 15 minutes

Proceeds from this event donated to the Poppy Appeal and Headway Essex  
For more details of our charities visit [www.grangefarmtrotters.co.uk/pages/charity.asp](http://www.grangefarmtrotters.co.uk/pages/charity.asp)  
Online entry available at [www.runnersworld.co.uk](http://www.runnersworld.co.uk)

PLEASE COMPLETE CLEARLY, FULLY AND IN BLOCK CAPITALS

<b>Surname:</b>		<b>First Name:</b>	
<b>Sex:</b> Male / Female	<b>Age on race day:</b>	<b>Date of Birth:</b> / / <i>Competitors must be over 16</i>	
<b>Affiliate</b> Yes/No	<b>England Athletics Affiliated Club:</b>		
<b>Competition Licence No.</b> _____ <i>If you don't have a licence No. please pay unaffiliated fee</i>	<b>T - Shirt Size</b> we can't guarantee you the right size but we are trying S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>		
<b>Address:</b>			
<b>Post Code:</b>			
<b>Email:</b>			
<b>Telephone</b>	<b>Entry Fee Enclosed £</b>		
<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 &amp; 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 <b>do not</b> wish to receive further mailings.</i> <input type="checkbox"/>			<b>For official use only</b>
<b>Signed</b>			STEBBING 10

Send entries with a stamped addressed envelope and cheque made payable to: Grange Farm & Dunmow Runners  
To: **Grange Farm & Dunmow Runners Entries, Chatham Cottage, Chatham Green, Chelmsford, CM3 3LF**