



BILLERICAY STRIDERS 10k ROAD RACE



headlineshairdressing

to be held at:

**Hannakins Farm Community Centre, Rosebay Avenue, Billericay, CM12 OSY
Sunday 1st November 2009
Start Time 9.45 am**

STRICT RACE LIMIT OF 750

Trophies for category winners + quality race souvenir to all finishers.

£50 for First Male/£50 for First Female – Sponsored by Headlines Hairdressing

£50 for course record Male/£50 for course record Female

Waitrose Youth Award for 1st Under 21 Male & Female.

Closing date 23rd October 2009; **late entries on the day if limit not reached.**

Minimum age 15. Time limit 90 mins.

Contact: Jan/John Pardon 01277 840608

more information can be found on our web site at www.10k.billericaystriders.com

ENTRY FORM

Surname..... Forename M/F.....
 Phone no. (Home) Date of Birth Age on Race Day
 Phone no. (Work) Club (if applicable)
 *Team name *Four to score.

Address

.....Postcode

e-mail address

Tick this box if you require info. on joining Billericay Striders

Race entry fee £8.00 Affiliated club members; £10.00 unattached. £2 extra on the day.

NB: Tick this box if you would like to add an extra £1 to your entry fee which will go to the race's nominated charity 'Hamelin House' (full details on can be found on the 10k web page,

Cheques payable to Billericay Striders please.

**Send this form with your cheque and A5 SAE (no A4 envelopes!) to:
Billericay Striders, Brook Lodge, Downham Road, Stock, Ingatestone, Essex, CM4 9RJ**

I am medically fit to run and understand that the organisers of the event will not be held liable for any injury, loss or illness, however occasioned, resulting from the event. I also agree to details of my entry to be held on a computerised database.

Signature: Date

