



DAGENHAM 88 RUNNERS



5 MILE ISH OFF ROAD RACE

2.5 Mile Fun run 11-16 years

SUNDAY 19th SEPTEMBER 2010

START 11.00am

**May & Baker Club, Dagenham Road, Romford RM7
0QX**



Fifth leg of the ELVIS series 2010



Free Parking



Refreshments



Changing



Trophies to Category winners. Mementos to all finishers

Entries in advance to..... Michael Linstead

53 Amersham Road,

Harold Hill, Essex. RM3 9HX

**Please send 6x4 SAE and cheque payable to Dagenham 88
runners**

Closing date for postal entries 14th September 2010



DAGENHAM



RUNNERS



Proudly Present their
5 Mile ish off road race – Undulating course over Eastbrookend Country Park

Sunday 19th September 2010 - 11.00am Start

**RACE HQ - May & Baker Club, Dagenham Road,
Romford RM7 0QX**

Entry Fees - £5 in advance

All Entries £7 on the day

2 LAP COURSE RUN ON GRASS AND TRACKS

(11 to 16 year olds 1 lap - £2 on day)

Changing, Toilets, Refreshments & Free Parking

Guest day membership to May & Bakers available (£2)

Mementos to all finishers

Trophies to category winners

1st Male & 1st Female

1st MV40 & 1st FV35

1st SMV50 & 1st SFV45

1st Boy & 1st Girl

1st Team male (3 to count) & 1st Female team (3 to count)

www.dagenham88runners.com

Surname..... First name.....

Address.....

email address.....

Tel.no..... Male or Female..... Age

Affiliated club.....

Declaration - I am medically fit to run and understand that I enter at my own risk and that the organisers will no way be responsible for any injury incurred during, or as a result of, the event or for any property lost on the course or in the start/finish area

Signature _____

signature of parent/guardian of under 16 - 2.5M