



NEWMAN HILLY OFF ROAD 5 MILES RACE

WEDNESDAY 20th JULY 2011 - 7.30pm

This race is also Leg 3 of the Elvis Grand Prix. Please visit www.ilfordathleticclub.co.uk for further details.

Essex's Premier Off Road Race presented by **ILFORD ATHLETIC CLUB**. At least £1.50 of each entry fee will be donated to St Francis Hospice Havering-atte-Bower celebrating the life of Newman Sargent.

HAINAULT COUNTRY PARK....Start opposite The Two Brewers Public House Lambourne Road, Chigwell Row. IG7 6ET - Two Hilly Scenic Laps.

Advance entries to be sent to Dianne Crisp, 5 Second Ave, Chadwell Heath, Romford, ESSEX. RM6 5ED. Any queries email ilfordharriers@aol.com, sgillam@talk21.com or dianne.crisp@ntlworld.com.

Cheques payable to **ILFORD ATHLETIC CLUB**.

Entry Fees £5.00 for affiliated runners over 15 years of age, £7.00 for Non-affiliated runners over 15 years of age. Entries on the day (£2 extra) accepted up to 7.15pm, Postal Entries close July 13th 2011 (send SAE C5 envelope 7 x 9)

Prizes for first three senior men and women plus first V40, V50, V60, FV 35, FV45 and FV 55. Numerous Spot Prizes.

Elvis Series Prizes sponsored by RunnersWorld Specialist Running Shops.

SURNAME FIRSTNAME

ADDRESS & post code

AGE ON DAY OF RACE MALE FEMALE

EMAIL ADDRESS/Telephone

AFFILIATED CLUB

UKA Affiliation number

RUNNERS' INFORMATION:

I declare that I am medically fit to compete and that I enter the Newman Hilly 5 entirely at my own risk. The organisers shall not be responsible for any injury, loss, damage, action claim, costs or expenses which may arise in consequence of my participation in the event.

SIGNED..... DATED