



MERSEA ISLAND LIONS (Registered Charity Number 1003970)



ANNUAL 10 MILE/5 MILE RACES, 2011

CHARITIES SUPPORTED MI Lions Charities

COURSE Fast, slightly undulating scenic rural roads, Check tide timings. 10 Miles (2 laps of 5 Miles) and 5Miles (10 Mile Course Record, 2002, Adrian Mussett 51-17).

DATE, TIME & PLACE Bank Holiday Sunday 28th August 2011, 10.30am start. Car Park, Willoughby Ave / The Esplanade, West Mersea, Mersea Island (Nr. Colchester), Essex.

PRIZES (TROPHIES) 10 Miles Also 1st 10 Mile Team Prizes, both Men & Ladies (3 runners to count, any age)
MEN/LADIES 1st, 2nd, 3rd VETERANS 1st Man 40+ 1st Man 50+ 1st Man 60+ 1st Lady 35+ 1st Lady 45+ 1st Lady 55+
5 Miles Men/Ladies 1st & 2nd

PRIZES KINDLY DONATED BY CC DISCOUNT HEATING INCLUDING MEDALS TO ALL FINISHERS

Table with 3 columns: ENTRY FEES, 10 Miles (Minimum Age 17 Yrs), 5 Miles (Min 15yrs). Rows: Pre Entry (£7.00), On the Day (£9.00). Includes note: (On day entries for both 5 & 10 Miles 8.30am to 10.00am only)

ENTRY FORM (PLEASE ENSURE ALL DETAILS GIVEN)

PLEASE DELETE AS APPROPRIATE 5 MILES OR 10 MILES

SEX: MALE FEMALE D.O.B.....
FIRST NAME..... SURNAME.....
CLUB ..... AGE ON DAY OF RACE .....
ADDRESS.....
.....POST CODE.....
Tel No..... Email: .....

N.B. IF YOU LATER DECIDE TO CHANGE THE CHOSEN DISTANCE RUN, PLEASE ADVISE THE LATE ENTRY TENT ON ARRIVAL, AS WINNERS WILL ONLY BE DECLARED ON THE LENGTH OF RACE ENTERED.

To Mersea Island Lions Club: I am medically fit to run and accept that the organisers or any assisting personnel will not be held liable for any loss, accident or injury to myself before, during or resulting from the event. I understand the organisers reserve the right to refuse entry for any reason, or cancel the event without notice, if necessary.

N.B. Please ensure you sign here Signed:..... (Parent or Guardian if Under 16 Years)
Please return this Entry Form with appropriate entry fee (see amounts above) and 1st/2nd Class Stamped SAE 9x6 inch (for information schedule/race number) to: Terry Walker 26 Garden Farm West Mersea, Essex C05 8ES. (Tel No 01206 383640) Email: terryinmersea@live.co.uk Cheques/P.O.'s to be made payable to Mersea Island Lions Club. Closing date for receipt of, 25th August 2011. NO PRE-ENTRIES WILL BE ACCEPTED AFTER THE CLOSING DATE

REFRESHMENTS ETC FAMILIES WELCOME

SPONSORED BY CC DISCOUNT HEATING, COLCHESTER.