



MERSEA ISLAND LIONS
Registered Charity No 1003970
ROUND THE ISLAND RACE
(APPROX 13 MILES)

10.30am SUNDAY 26th JUNE 2011

START AND FINISH WILLOUGHBY AVE CAR PARK WEST MERSEA

ALL FINISHERS TO RECEIVE MEDALS

Trophies awarded to: (1 Trophy only per runner)

Male:	1st 2nd 3rd and 1st V40, 1st V50, 1st V60	1st Male Team (3 to score)
Female:	1st 2nd 3rd and 1st V35, 1st V45, 1st V55	1st Female Team (3 to score)

PRE ENTRY £7

ON THE DAY £9

Please return the Entry Form below with appropriate entry fee and enclose a **1st/2nd Class Stamped SAE 9x6 inch** (for information schedule/race number) to:
TERRY WALKER 26, GARDEN FARM, WEST MERSEA, CO5 8ES PHONE 01206 383640
Email terryinmersea@live.co.uk

REFRESHMENTS ETC FAMILIES WELCOME

ENTRY FORM (PLEASE DELETE as necessary ENSURE ALL DETAILS GIVEN)

SEX: MALE OR FEMALE DOB.....

FIRST NAME..... SURNAME.....

CLUB (IF AFFILIATED)..... AGE ON DAY OF RACE

ADDRESS.....

.....POST CODE.....

Tel No..... Email:

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:.....Minimum age for entry is 17 Years**

Closing date for receipt of entries, 22nd June 2011. NO PRE -ENTRIES WILL BE ACCEPTED AFTER THE CLOSING DATE

SPONSORED BY
MERSEA LIFE WEST MERSEA 01206 38666

ALL PROCEEDS TO LION'S CHARITIES