Langham 1.5 Mile Fun Run!

11 am Sunday 11 September 2011

Parking/Registration/Finish/Run Start/ Limited changing and showers available
Food & refreshments, Large Children's Play Area

Medal for all finishers

Trophies in the following categories (one for each person):

1.5 Mile fun Run: **1st Boy/Girl (7 and under)** **1st Boy/Girl (11 and under)**
1st Boy/Girl (15 and under) **1st person over 16**
Chivers' Trophy – 1st Langham Primary School Boy
Power Plus Trophy - 1st Langham Primary School Girl

See us online at **www.langham10km.org.uk**

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Entries: £3.00 for Fun Run
Cheques made payable to: **Friends of Langham School** –Please enclose SAE (min 8x6)
(**Registration on 11/09 from 09.30-10.30 am only**)

Please print clearly in block letters:

Name……Sex M/F……

Address……

……Post Code……

Email……Age (11.09.11)……Club (if applicable)……..

Race entered: 1.5 Mile Fun Run **Cheque enclosed £……..with SAE (Min 8x6)**

Send to: Langham10k, c/o 352 Old Heath Road, Colchester, Essex, CO2 8DD

To the Friends of Langham School: I understand that this event is a Fun Run and as such is not covered by road race insurance. I declare that I will abide by the rules and laws of UK Athletics. I am not under the minimum age to enter this event, and I accept that the organisers will not be liable for any loss, damage, action, claim, injury cost or expenses which may arise in consequence of my participation of this event. I declare that I will not compete in this race unless medically fit on the day of the run, and that I will compete at my own risk. If I am under 16 on the date of the race, my parent/guardian whose signature appears below, accepts total responsibility for my safety at all times throughout this event, even if they are not accompanying me on the course.

Signature……Date……..
(Parent/Guardian to sign for under 16s)

All proceeds to Friends of Langham School
Registered Charity No 1036554