



Langham 10K



A run through Constable Country

11 am Sunday 11 September 2011

(SEAA Measurement Certificate 10/250 Licence No:2011-102475)

Race HQ: Langham School

Parking/Registration/Finish/Run Start/ Limited changing available

Food & refreshments, Children's Play Area

Medal for all finishers

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

- | | |
|--|--|
| 10K Run: 1st/2nd/3rd Male | 1st/2nd/3rd Female |
| 1st Vet (40+) Male/Female | 1st Vet (50+) Male/Female |
| 1st Junior Male/Female (Under 18 – minimum age 15) | |
| Power Plus Trophy – Fastest Langham Resident | |

See us online at www.langham10km.org.uk

Entries: Please send £8.00 affiliated £10.00 unaffiliated.

Cheques made payable to: **Friends of Langham School**. Please enclose SAE (min 8x6).
£2.00 extra for 10K entries on the day (**registration on 11/09 from 09.30-10.30 am only**)

Postal closing date 19th August 2011 to qualify for your free race T-shirt.

Please indicate size: S/M/L/XL (10K Race only – collect on the day)

Please print clearly in block letters:

Name.....Sex M/F.....

Address.....

.....Post Code.....

Email.....Age (12.09.10).....Club (if applicable).....

Race entered: 10K 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 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 that 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 race, and that I will compete at my own risk.

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



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