



BENFLEET RUNNING CLUB invite you to take part in the 2007 BENFLEET 15.
It has a challenging 15 mile, multi-terrain course, incorporating sections of the Canvey Island sea wall, and the undulating Hadleigh Downs. Spikes not recommended.

Race under SEAA rules – Permit No. 7053

SUNDAY 28th JANUARY 2007

Castle View School, Canvey Island, Essex, SS8 9RZ

RACE STARTS 10.30a.m

£ 6.00 Affiliated (£7.00 on the day) £8.00 Un-affiliated (£9.00 on the day)

TROPHIES & PRIZES FOR:-



- 1st Three Men
- 1st Three VETS (O/40)
- 1st Vet man (o/50)
- 1st Vet man (o/60)
- 1st Mens and Ladies team (3 to count)
- 1st Man and Lady past the castle
- 1ST LOCAL MAN and lady (SS postcode)
- 1st Three LADIES
- 1st Three LADY VETS (O/35)
- 1st Vet lady (o/45)
- 1st Vet lady (o/55)

PLEASE NOTE Due to the fact that the race has out-grown the rugby club facilities and the hall next door is no longer available to us, we have had no option but to move to a new headquarters venue. We have moved to the nearby Castle View School where there will be changing rooms, toilets, showers, refreshments, massage, late entries, prize giving, and the results service. The race course will be, in the main, exactly the same as in previous years except for modifications to the start and finish to suit this new venue.

For information, maps, entry forms, pictures, results and to post a question in our forum, please visit our website:

www.benfleetruntimeclub.com/benfleet15

*Please make cheques payable to **BENFLEET RUNNING CLUB** and return with a 6"x9" SAE to*

TERRY TURNER, 41, HEYCROFT ROAD, HAWKWELL, HOCKLEY, ESSEX. SS5 4HN

Tel 01702 207181

E-mail: Terry@BenfleetRunningClub.com



Surname..... Forename..... DOB.....

Address.....

Postcode.....Phone Number.....Age on day.....M/F.....

Affiliated Club Name.....(Must be named to qualify for team prizes)

Email address.....

T Shirt Size :- SMALL MEDIUM LARGE EXTRA LARGE

I the undersigned, declare that I am medically fit to run and understand that the race organisers shall not be held responsible for any injury or loss caused by my participation.

SIGNED.....

BENFLEET 15