



BENFLEET RUNNING CLUB invite you to take part in the BENFLEET 15 2009
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 will be held under UK Athletics Rules of Competition - Permit No TBA

SUNDAY 25th JANUARY 2009

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

RACE STARTS 10.30a.m

£ 7.00 Affiliated (£8.00 on the day) £9.00 Un-affiliated (£10.00 on the day)

TROPHIES & PRIZES FOR:-



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

Castle View School will be our Race HQ, with changing rooms, toilets, showers, refreshments, late entries, prize giving, and the results service.

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

www.benfleetrunningclub.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
 01702 207181 E-mail: Terry@BenfleetRunningClub.com

NEW THIS YEAR- We are going to hold a 1.5 mile junior race for under 15 year olds.
 Entry £3.00.(£3.50 on the day)

Medals for all finishers. For more details visit our web site as above for entry form.

Enter online at www.benfleetrunningclub.com/benfleet15

BENFLEET 15



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.....UKA REGISTRATION NUMBER.....