



THRIFT GREEN TROTTERS

www.thriftgreentrotters.co.uk



BRENTWOOD 10K ROAD RACE

Sunday 20th July 2008 at 11:00am

OUR SPONSORS:

Beresfords

experience: the difference
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gosnay's

ENGINEERING LTD, ROMFORD
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JAMIESON
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Heating Ltd



VENUE

Herongate Football Club on the Billericay Road near to Ingrave on the A128, south east of Brentwood, Essex. Full changing/ shower facilities for men and women. A licensed bar/refreshments will be available

RACE

An exact 10 kilometres of undulating country roads, scenic and fairly traffic free. Under UK:A Rules.
Also a 1.5 kilometre FUN RUN entirely on grass fields for children starting at 10:15am

FEES

£6.00 Affiliated £8.00 Non-affiliated
Entry on the day (provided limit not reached):
£7.00 Affiliated £9.00 Non-affiliated
FUN RUN entry fee £1.00

LIMIT 500

Entries will be accepted on day but to avoid disappointment please enter in advance. Latest time for late entries 10:45am.

AWARDS

Vouchers sponsored by FAST FEET SPORTS for 1 individual prize per athlete

1 st MALE - £100 cash	1 st FEMALE £100 cash
2 nd & 3 rd - vouchers £50/25	2 nd & 3 rd - vouchers £50/25
1 st VET 40yrs - vouchers £25	1 st VET 35yrs - vouchers £25
1 st VET 50yrs - vouchers £25	1 st VET 45yrs - vouchers £25
1 st VET 60yrs - vouchers £25	1 st VET 55yrs - vouchers £25
1 st , 2 nd , 3 rd TEAMS (3 TO COUNT)	1 st , 2 nd , 3 rd TEAMS (3 TO COUNT)

Commemorative T-Shirt to all 10k finishers & a medal to all Fun-Runners

MALE: 30.04 Neo Molema, South Africa

FEMALE: 37.24 Grace Greenhalgh, Colchester & Tendring AC

Saturday 12th July, 2008 Minimum age for 10k: 15 years

John Barker, 6 Milton Rd, Brentwood Essex CM14 5ED. Please send a 9 x 4 SAE for race number and travel details. Cheques payable to "Thrift Green Trotters"

UK ATHLETICS ROAD RACE LICENCE NUMBER 10118

Course Measurement Certificate No. SEAA 03/137

Course Records

Closing Date Entries to



PLEASE USE BLOCK CAPITALS

SURNAME		SEX M F	For office use only
FIRST NAME			
ADDRESS		<i>I declare that I am medically fit to compete and that I enter at my own risk. The organisers will not be responsible for any injury, loss or damage caused by my participation</i>	
PHONE (HOME)	POSTCODE		
DATE OF BIRTH	PHONE (WORK)	SIGNED	
AFFILIATED CLUB	AGE ON RACE DAY		
RACE ENTERED	ENTRY FEE ENCLOSED £	Parents signature if under 16	