



# Great Bentley Running Club



Runnersworld Chelmsford & Colchester Stores will be attending on race night with offers on trainers, clothing and accessories so bring your credit cards for a bargain! They will also be providing Sports Massage at the event so any injuries or tired aching legs will be looked after!

## Great Bentley Friday 5 Friday 8<sup>th</sup> July 2011



**Pick up race numbers on the night between 6pm and 7pm.**

**Minimum age for 5 mile Race 15 years**

**WARNING: No IPOD's or Personal Music systems maybe used during the race. Race Disqualification could be implemented if required by race officials.**

**Surname :**  
**Forename :**  
**Address :**

**Postcode :**

**Male/ Female:**

**Telephone :**  
**Email :**

**Age on Race Day:**

**Affiliated Club:**  
**Competition Licence Number eg England**  
**Athletics:**

**Amount Enclosed:**

**£8 Non Affiliated**

**£6 Affiliated**

- Pick up race numbers on the night between 6pm and 7pm.**
- **Entry Fees:**
  - **Affiliated £6 by post**
  - **Non Affiliated £8 by post**
  - **Everybody £10 on the night entry**
  - **Medal to all finishers**
  - **Junior Race £1**

**Please make Postal Cheques Payable to: GBRC**

**5 Mile Race Start 19:30**

**Awards: 1st, 2nd & 3<sup>rd</sup> Open, Male and Female.**

**Junior Race Start 18:30**

**1<sup>st</sup> Female 15-17, Vet 35, 40, 45, 50, 55, 60, 65+**

**1<sup>st</sup> Male 15-17, Vet 40, 45, 50, 55, 60, 65, 70+**

**1<sup>st</sup> Mens Team (3 to Score) 1<sup>st</sup> Ladies Team (3 to Score) – team score based on total time.**

**Please return Postal cheques with this entry form to:**

**Mr G.Eldred 35, Bemerton Gardens, Kirby Cross, Frinton on Sea, co13 0lg.**

**Race Entry Postal Closing Date 24<sup>th</sup> June 2011. Changes to entries can be made up to the 29<sup>th</sup> June 2011 via email only.**

**Signed..... Date.....**

**All Race information can be found at [http://www.gbrc.org.uk/GBRC\\_5.htm](http://www.gbrc.org.uk/GBRC_5.htm)**

**Race Director: Gary Eldred [eldred.g@sky.com](mailto:eldred.g@sky.com) Assistant Race Director: Russell Sharp [sharp216@hotmail.com](mailto:sharp216@hotmail.com)**

**[www.gbrc.org.uk](http://www.gbrc.org.uk)**