



Essex County Athletic Association, in conjunction with Colchester Harriers AC, present

# 'The Essex 20'

LANGHAM VILLAGE HALL, LANGHAM nr Colchester CO4 5PA

Sunday 4<sup>th</sup> March 2012 – Starts 10:00am

**RACE A** Challenging 3 lap course around the quiet country lanes of North East Essex. A perfect opportunity to test yourself, at this unique **20 mile** distance, especially for those training for London or another Spring Marathon. Run under UKA rules.

NB/ this is a completely new course and venue for our 20mile race

Please note there will be a strict 4 hour time limit for this race. On expiry Marshals and water stations may be withdrawn. Also there is a race limit of 500 places and wheelchair entrants cannot be accommodated.

UKA race licence applied for.

Course measurement Cert No. 2011/246

### ENTRANCE FEE

**In advance: £12** Attached Runners (with valid UKA Reg.No.), **£14** all other runners. Plus £2 on the day.

**On the day entries: Only if the limit of 500 has not been reached beforehand. Check web site before travelling.**

Closing date for postal applications 25<sup>th</sup> February 2012.

Minimum age 18.

Information - [essex20@essexroadrunning.org.uk](mailto:essex20@essexroadrunning.org.uk)

### AWARDS

Essex County<sup>(1)</sup> medals awarded to the first 3 in each of the following categories:

Men: Open, V40, V50, V60 and V70

Women: Open, V35, V45, V55 and V65

Team medals: First 3 Essex Mens / Ladies Teams

<sup>(1)</sup>To be eligible to enter the Essex Championship you need to either have been born in Essex or have been an Essex resident for at least 9 months. In addition you cannot have competed in another county's championship in the same year (eg. Suffolk / Kent)

**NEW THIS YEAR:-** all finishers will receive a T-shirt

### ENTRIES

Please send entries to:

The Essex 20 Race Director, c/o Heavitree, Moulsham Street, Chelmsford, Essex, CM2 0JJ. Include a stamped (9 x 4) SAE for race number and travel details.

Website - [www.essexroadrunning.org.uk](http://www.essexroadrunning.org.uk)

Discrimination - No person will be denied entry into the race on the grounds of race, ethnic origin, creed, colour, disability, sex, occupation, sexual orientation, religion, political beliefs or any other beliefs unless stated anywhere else on this form.

Data protection:- personal information given on this document will be stored by the organisers for future information but will not be passed on to any third party except for the publishing of results and returns to UKA in line with Licence agreements.

|   |       |  |  |
|---|-------|--|--|
| Surname   |       | First Name                                   |  |
| Sex (please circle)   | M / F | Expected Finishing Time                      |  |
| Address   |       |  |  |
| Date of Birth   |       | Age on Race Day                              |  |
| UKA Registration Number   |       | Entry Fee Enclosed £                         |  |
| T Shirt Size (tick Box)   |       | £12 attached/ £14 unattached                 |  |
| S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>  |       | Cheques payable to " The Essex 20 Road Race" |  |
| Affiliated Club   |       | Essex Qualified <sup>(1)</sup> Y / N         |  |
| Contact Details   |       | Email: Phone Number                          |  |
| I declare that I am medically fit to complete and that I enter at my own risk. The organisers will not be responsible for any injury, loss or damage caused by participation. |       |  |  |
| Signature / Date  |       | Date:  |  |