



**ILFORD AC 10 MILE CROSS COUNTRY RACE
INCLUDING ILFORD AC CLUB CHAMPS
Saturday December 31st 2011 11.00am**

ILFORD ATHLETIC CLUB present their 10 mile cross country race over 3 laps of an undulating route comprising tracks and grassland of Hainault Forest.

HAINAULT COUNTRY PARK....Start opposite the pub "The Two Brewers" 57, Lambourne Road, Chigwell Row. IG7 6ET. Please do Not park in the pub car park and park with consideration to our neighbours, Thank you.

Entry costs £5 for affiliated £7 for unaffiliated. Extra £2 on the day Runners must be over 15 years of age.

Postal entries to Dianne Crisp, 5, Second Avenue, Chadwell Heath, Romford, Essex. RM6 5ED. Cheques payable to ILFORD ATHLETIC CLUB.

Please enclose a C5 (229 x 162mm) size ONLY SAE with a first class stamp for return of number. Closing date 23.12.11. Entries on the day accepted up to 10.30am.

Prizes to 1st 3 men/women and veteran categories.

Free festive refreshments and presentation in the IAC Clubhouse 88a Lambourne Road, Chigwell Row IG7 6EN.

Enquiries to IlfordHarriers@aol.com or Dianne.crisp@ntlworld.com

SURNAME **FIRSTNAME**

CONTACT Address & Post code

(Email, Telephone, Mobile etc)

AGE ON DAY OF RACE **MALE** **FEMALE**

AFFILIATED CLUB

UKA Affiliation Number

DECLARATION:

I declare that I am fit to run and will compete at my own risk. I accept that the organisers will not be liable for any loss, damage, action claim, costs or expenses which may arise in consequence of my participation in the event.

SIGNED..... DATED