

# DAGENHAM 88 RUNNERS



**5 MILE ISH OFF ROAD RACE**  
2.5 Mile Fun run 11-16 years

**Please note new race venue!!**

**SUNDAY 20<sup>th</sup> SEPTEMBER 2009**

**START 11.00am**

**May & Baker Club, Dagenham Road, Romford RM7  
0QX**

**Fifth and Final leg of the ELVIS series 2009**

REFRESHMENTS

Major Trophies  
&  
Mementos  
for all  
finishers

PARKING

**Entries in advance to..... Michael Linstead  
53 Amersham Road,  
Harold Hill, Essex. RM3 9HX**

**Please send 6x4 SAE and cheque payable to Dagenham 88  
runners**

**Closing date for postal entries 14<sup>th</sup> September 2009**

# DAGENHAM 88 RUNNERS



Proudly Present their  
5 Mile ish off road race – Undulating

**Please note new race venue!!**

**May & Baker Club, Dagenham Road, Romford RM7  
0QX**

Race will be run over Eastbrookend Park

Sunday 20<sup>th</sup> September 2009 - 11.00am Start

Entry Fees - £3 in advance

**All Entries £5 on the day**

**2 LAP COURSE RUN ON GRASS AND TRACKS**

*(11 to 16 year olds 1 lap - £2 on day)*

Toilets, Refreshments & Free Parking

Guest day membership to May & Bakers available (£1)

Mementos to all finishers

Trophies to category winners

1<sup>st</sup> Male 1<sup>st</sup> Female

1<sup>st</sup> MV40 1<sup>st</sup> FV35

1<sup>st</sup> SMV50 1<sup>st</sup> SFV45

1<sup>st</sup> Boy 1<sup>st</sup> Girl

1<sup>st</sup> Team male (3 to count)

1<sup>st</sup> Female team (3 to count)

**[www.dagenham88runners.com](http://www.dagenham88runners.com)**

.....  
Surname..... First name.....

Address.....  
.....

email address.....

Tel.no..... Male or Female..... Age .....

Affiliated club.....

Declaration - I am medically fit to run and understand that I enter at my own risk and that the organisers will no way be responsible for any injury incurred during, or as a result of, the event or for any property lost on the course or in the start/finish area

Signature \_\_\_\_\_

signature of parent/guardian of under 16 - 2.5M