

# Great Bardfield Charity 10k Run 21st Year



## Sunday 11<sup>th</sup> Sept 2011 start 11.00 AM

### Start and Finish at Great Bardfield Primary School

**COURSE** Essex countryside Roads and Bridleways. Distance Markers, St Johns Ambulance First Aid, Refreshments, Water Station at 6k. Course Measurement Certificate SE 07/070. UKA Race licence applied for.



**START** Great Bardfield School CM7 4RN- Toilets & Changing Facilities.  
Registration from 9.30. No dogs at school or on course please



**PARKING** Free—as directed by marshals

**ENTRY** Club Affiliated runners: £8.00 in advance, £9.00 on the day  
Non-affiliated runners : £10.00 in advance, £11.00 on the day  
For entries received after 7/9/11 numbers to be collected on day  
Book Online at [www.runnersworld.co.uk](http://www.runnersworld.co.uk) ; [www.entrycentral.com](http://www.entrycentral.com)



**PROCEEDS** All proceeds go to The Bardfield After School Club and selected local charities



**ENQUIRIES** Sarah Eden 01371 810591, email: [sjeden@tiscali.co.uk](mailto:sjeden@tiscali.co.uk)



PLEASE COMPLETE CLEARLY, FULLY AND IN BLOCK CAPITALS

Surname:		First Name:	
Sex: Male/Female	Age on Race Day:	Date of Birth: <i>Competitors must be over 15</i>	
Affiliated	Non Affiliated	Affiliated Club:	
Address:			
			Postcode:
Telephone (daytime):		(evening)	
Email:		Entry Fee Enclosed £:	
<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 participation. Data protection Act: Details will be held on computer by Great Bardfield 10k committee to aid organisation of this event. Please tick this box if you do not wish to receive details of future events <input type="checkbox"/></i>			
Signed: .....		Date: .....	
Send entries with a cheque or postal order <b>and SAE (8"x6" min)</b> made payable to: S Eden			
To: Sarah Eden, Rookesbury, High Street, Great Bardfield, Essex, CM7 4SP			

Sponsored by the businesses of Great Bardfield –Knead Food, Freshwell Builders, Gray & Co Estate Agents, Ian Holmes Water Softeners ,Tangible Marketing & Foremost Electronics.