



**Rotary Club of Colchester Trinity
Colchester and Tendring Athletics Club**



COLCHESTER CHARITY RACES 2010

10KM RUN

Sunday 9th May 2010

10.30am Start

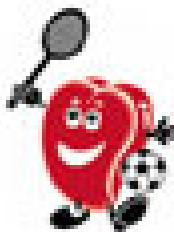
ABBEY FIELDS, COLCHESTER

By kind permission of The Deputy Garrison Commander, Colchester

In aid of

The Army Benevolent Fund, Help 4 Heroes

CARDIAC RISK IN THE YOUNG (CRY) AND ROTARY CHARITIES



**Cardiac
Risk in the
Young**



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- Changing, Toilets and supervised bag storage at the Garrison Running Track (CO3 3US).
- Free Parking adjacent in Abbey Fields, Colchester's traditional venue for large scale events.
- Certified, accurately measured course.
- SEEA Licence No (to be amended from 20090073).
- Held under UK Athletic Rules.

RACE PRIZES

1st, 2nd, and 3rd, for both Men and Ladies
 1st Man and 1st Lady over 45 and 60.
 Team prize (3 to score) for 1st Mens and Ladies teams.
 All finishers will receive a GOODY BAG

ENTRY FEES: £8 (Affiliated Clubs & Army) OTHERS: £10

ENTRY ON DAY: add £2

Visit our website www.colchestercharityraces.org or email: colchestercharityraces@googlemail.com for full details, directions, race contact and extra entry forms.

Please send entry form, cheque and a stamped Large Letter SAE (for Race number and further information), to Rotary Club of Colchester Trinity, c/o Rotarian Roger Broughton, 17 Blackwater Avenue, COLCHESTER CO3 3UY before 1 May 2010. Confirmation of receipt will be sent by email/post/telephone.

Race packs will issued to each entrant in the self addressed SAE, or otherwise at the site, from 09:00- 10:00 on Sunday 9th May 2010.

ENTRY FORM (Postal entries to be sent before 1st May 2010)

I ENCLOSE cheque numberfor £..... Affiliated/Army/Other (please delete non-applicable designation) payable to **Rotary Club of Colchester Trinity** (one entry per form or copy)

SURNAME: FIRSTNAME:

ADDRESS: POSTCODE:

EMAIL ADDRESS: TEL:

AGE ON RACE DAY: MALE/FEMALE: CLUB/TEAM (IF APPLICABLE)

Please enter me for the Colchester Charity Races 2010 10km run. I am aged 17years or over (on the race day) and I will not compete unless medically fit to run on the day. I enter at my own risk and understand that no person(s) or organisation(s) will be held responsible for any accident, injury, or loss to myself or to my property, prior to, during or after the event. I understand that the organisers reserve the right to alter the arrangements and conditions should circumstances require. I agree that results with names, times and positions can be published on the event website. I consent to the official event photographers taking any photographs which may include me.

SIGNED: DATE:

GIFT AID: please tick box below if you are a UK tax payer and would like your entry fee to be gift aided (increases the value of your entry fee by 28% at no cost to you) Signed: Date: