

Ingatestone Boys' Own Club INGATESTONE '5' MILE ROAD RACE

SUNDAY 21st SEPTEMBER 2025 11.00 A.M.

**VENUE: ANGLO EUROPEAN SCHOOL, WILLOW GREEN, INGATESTONE, ESSEX.
CM4 ODG**

ONLINE ENTRIES: <https://www.entrycentral.com/Ingatestone5MileRoadRace>

POSTAL ENTRIES TO:

KEITH CRANMER, 10 PLOVER WALK , CHELMSFORD, ESSEX CM2 8XX

TELEPHONE: 01245 354104 or 07933 738855

ENTRY FEES: £12 For affiliated runners over 15 years old.

£14 For un-affiliated runners over 15 years old.

ENTRY ON THE DAY £15 UP TO 10.45 A.M.

PLEASE MAKE CHEQUES PAYABLE TO INGATESTONE BOYS OWN CLUB

ONLINE ENTRIES CLOSE: 11th SEPTEMBER 2025

START: IN NEW ROAD CLOSE TO A12 CUT OFF BY SUB WAY

FINISH: ANGLO EUROPEAN SCHOOL

CHANGING FACILITIES AVAILABLE IN ANGLO EUROPEAN SCHOOL

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ENTRY FORM

NAME.....ADDRESS.....

MALE/FEMALE (DELETE AS APPROPRIATE) PHONE NUMBER.....

AFFILIATED CLUB.....AGE AS AT 21.9.2025.....

(Please note runners will not be allowed to run with earphones or mobile phones during the race.)

I confirm that I am fit to run and will not hold the organisers responsible for any problems I might suffer following the event.

Signed.....