



# Edmund Carr Great Baddow Charity Races



Races Start time 11 am

Sunday 23<sup>rd</sup> May 2010



The Recreation Ground, Great Baddow,  
Chelmsford, Essex CM2 9RL



## 10 Mile Road Race &



## 2 Mile Fun Run

(Entry fees held again this year)

This event is organized by **THE ROTARY CLUB OF CHELMSFORD MILDWAY**, with sponsorship from Edmund Carr Chartered Accountants, and D&B Scaffolding, plus help from many local bodies. The proceeds are used to support charities working for local people which this year include CHSS, Farleigh Hospice, Hargrave House, Little Haven Children's Hospice, and The Alzheimer's Society. We ask that Runners get sponsorship for their run and raise money for these charities, or for the Charity of their choice, and entrants will be supplied with a sponsorship form.

The races could not be staged without help from Great Baddow Parish Council; Great Baddow Community Association; D & B Scaffolding; Meadgate Scouts; Writtle Scouts; Thomsons, Great Baddow (Audio & Video Specialists); Dale Hire; Essex Police; Fast Feet Sports; Sports Massage; Friends of Hargrave House; Chelmsford Army Cadets; Brentwood Air Cadets; Hospital Radio; Marconi Club; Dr D Davies; St. Johns Ambulance; Chelmsford Borough Council, Riverside Ice & Leisure; and many, many others.

### FEATURES

The 10 Mile Race is over an undulating course through urban Great Baddow and Galleywood, and rural West Hanningfield. Racing surface: roads and pavements, with the Start and Finish on the grassed Recreation Ground. Water Stations at approx. 3, 5, 8 & 10 miles. Sponges at approx. 5 miles. Fun Run course (just under 2 miles), is as above but through Great Baddow only. The organisers consider the courses cannot be made safe or suitable for wheelchairs.

Chip Timing, Digital Clocks & Computerised Results Service (10 mile only), Childrens' Play Area, Duty Doctor & 1<sup>st</sup> Aid Support, Refreshments, Medal & Trophy Engraving, Sports Massage, Supervised Baggage Storage & Lost Property, Car Parking, Warm-Up Aerobics, Charity Stalls & Activities, Changing, Toilets & Showers, Fully Marshalled Course.

**For safety reasons runners are not allowed to wear earphones or use mobile phones during the race, and may be disqualified if seen by Marshals, Course Officials or observers.**



BARR Gold Grade

Run under UK Athletics rules

Course Accuracy Certificate No. 08/020

2010 Road Race Licence No. 2009-100384



# The Edmund Carr Great Baddow Charity Races 23<sup>rd</sup> May 2010

[www.baddowraces.org.uk](http://www.baddowraces.org.uk)

## ENTRY FORM

OFFICIAL USE: |

Please print clearly in BLOCK CAPITALS - Only one entrant per form please - Photocopies of this form will be accepted.

Tick either 10 Mile or Fun Run      TEN MILE            10 Mile Road Race entrants must be 16 years old, or over, **on race day**  
FUN RUN            Fun Runners under 9 years old on race day must be **entered and accompanied by an adult**

SURNAME: ..... FORENAME: .....

AGE ON RACE DAY: ..... or DATE of BIRTH: ..... GENDER: (Please tick)      MALE            FEMALE        
(If not given no race classification will be given)

NAME of your CLUB or TEAM: ..... If you are AAA affiliated tick →   
and write your UK Licence Number here:

Your POSTAL ADDRESS: .....

..... POST CODE: .....

TELEPHONE NUMBER: ..... Tick if you are a GREAT BADDOW VILLAGER:

E-MAIL ADDRESS (if given we will send you details of next year's Races) .....

Please enter me for the Great Baddow Charity Races 2010. I will not compete unless medically fit to run on the day. I enter at my own risk and understand that the organisers will in no way be held responsible for injury incurred during or as a result of the event, or for any property lost on the Course or in the Start/Finish area. I (and parent/guardian if appropriate) consent to the official event photographers taking videos and photographs which may include me.  
DATA PROTECTION: Runner information is not passed to third parties unconnected with the event.

SIGNED ..... PARENT/GUARDIAN.....  
(Parent or Guardian to sign as well if runner is under 18 years of age)

ADVANCE ENTRY FEES:      10 MILE      AAA affiliated      £10.00      Unaffiliated      £12.00  
(MUST be received by 15<sup>th</sup> May)      FUN RUN      Individuals      £5.00      Family Ticket (max 5 people)      £15.00

ENTRIES ON RACE DAY:      10 MILE      £15.00  
(Last entries 20 minutes before the start, or when limit of 2000 reached)      FUN RUN      Individuals      £7.00      Family Ticket (max 5 people)      £20.00

RACE DAY ENTRANTS IN 10 MILE RACE MAY NOT BE ELIGIBLE FOR TROPHIES & PRIZES

All cheques should be made payable to GREAT BADDOW 10 MILE and sent with this entry form to:-  
**Great Baddow Charity Races, c/o 4 Apple Way, Gt. Baddow, Chelmsford CM2 9HX**

Please enclose a self addressed label - (do not send a stamped self addressed envelope, or postage stamps).

Any enquiries should be e-mailed to - [entries@baddowraces.org.uk](mailto:entries@baddowraces.org.uk)

GREAT BADDOW 10 MILE is an account of the Rotary Club of Chelmsford Mildmay, which administers a registered charity,  
The Rotary Club of Chelmsford Mildmay Charity Trust Fund, Registered Charity No. 1027110

### 10 MILE ROAD RACE - TROPHIES & PRIZES - (NOTE: late entries may not qualify for these)

- 1<sup>st</sup> Male & 1<sup>st</sup> Female – Trophy, plus Prize of a Combination Oven and a voucher from Fast Feet Sports Ltd.
  - 3 Mile Sprint Prize of £50 voucher for leading runner at 3 mile point who then finishes.
  - 1<sup>st</sup> Great Baddow Villager (male & female) – Trophy plus Voucher from Thomson Audio & Visual, Great Baddow.
  - New Course Records – Runners Watch to value £60 for 1<sup>st</sup> male and female to break current course records  
(Male - 50m 50s, set 2000; Female - 59m 53s, set 2004)
  - Trophies – 2<sup>nd</sup> & 3<sup>rd</sup> male & female; 1<sup>st</sup> female veteran (35+), 1<sup>st</sup> male veteran (40+);  
1<sup>st</sup> female super veteran (45+), 1<sup>st</sup> male super veteran (50+);
  - 1<sup>st</sup> AAA affiliated team of 3 – male & female. 1<sup>st</sup> unaffiliated team of 3 – mixed.
- Medal for Every Finisher (including race day entries) 1-100 Gold; 101-200 Silver; remainder – bronze**  
(Prizes and Trophies may be awarded to race day entrants by organisers discretion)

Results will be published on the website and in the Chelmsford local press.

### FUN RUN (Approx. 2 miles) - Trophies and Medals

**There will be a Medal for Every Finisher**

Trophies - 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>, Male and Female; 1<sup>st</sup> Boy and 1<sup>st</sup> Girl aged under 12 on Race Day

Please note that Runners Entry Packs with running numbers, sponsor forms, full details and other instructions will not be sent out until AFTER mid March 2010