



# 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 MILD MAY**, 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 CHESSE, 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.

The races could not be staged without help from Great Baddow Parish Council; Great Baddow Community Association; D & B Scaffolding; Meadgate Scouts; Writtle Scouts; 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

