

Cannock & Stafford A.C.

www.csathletics.com

40th ANNUAL BOSTONS OF MILFORD "MILFORD 21"

21-Mile Cross Country Race
(Under AA of England & ECCU & WCCA Rules)

Sunday, March 28th, 2010
11am Start
Milford Common, near Stafford

21 Challenging & testing miles across beautiful Cannock Chase
Definitely not for fun runners

PRIZES

First three men
First three ladies
First finisher in veteran age groups:
Men 40-49, 50-59, 60-69, 70+
Women 35-44, 45-54, 55-64, 65+

ENTRY FEE

In advance:- £12 affiliated £14 unaffiliated
On the day:- £14 affiliated £16 unaffiliated
Send a stamped address envelope for acknowledgement.
Further details will be sent with acknowledgement.

Numbers are issued on the day so that all competitors can
be accounted for on safety grounds.
NB **IDEAL FOOTWEAR: TRAINERS.**

BOSTONS OF MILFORD "MILFORD 21" ENTRY FORM 2010

Surname.....	First Name.....
Postal address.....	Date of Birth.....
Town.....	Day time Tel no.....
Country.....	Evening Tel no.....
Post Code.....	Age on day of race.....
Club.....	Sex Male / Female

I declare that:

- I am medically fit to run the event and understand that I run at my own risk.
- The organisers will in no way be held responsible for any injury or illness incurred to any person as a result of the event or any property loss or damage that may occur.
- I am an amateur according to the rules of UK athletics.
- I shall be over 18 on the day of the race.

Signed..... Date.....

I enclose a cheque / postal order / cash for £..... Make cheques payable to Cannock & Stafford AC

Send entry form to: Gary Denning, 16 Berryfields, Stonnall, Walsall, Staffs, WS9 9EJ. Tel: 01543 371830.