

# The Braintree Bog-gle Marathon

(7 hour time limit)

Mid Essex Casuals

Sunday January 20<sup>th</sup> 2019

The 26.2 ml route is predominantly off road with some short road sections.

Navigation is by fully tested narrative.

Held under UK Athletics rules, TRA permit applied for.

Start and Finish at Black Notley Village Hall CM77 8LG

Map Ref (Exp 195) TL 766 208

Registration from 8am Mass start at 9am (7 hour time limit)

A narrative route description will be provided on the day.

Manned checkpoints with refreshments at 6,11,16 and 22ml

Tea and Coffee at the start, Hot food and drinks at the finish

Minimum Age : 18yrs note: NO DOGS allowed

Closing date for entries 12<sup>th</sup> january 2019 Limit 100.

N.B. There are NO entries on the day

Entry Fee: £10 England Athletics affiliated & TRA/LDWA members

£12 all other competitors

BACS payment preferred to Lloyds sort code: 30-91-85

Account number: 04217324 reference "BOGGLE" and your name

OR Cheque enclosed for £\_\_\_\_\_ (payable to Mid Essex Casuals)

Entries to: [game.david@yahoo.co.uk](mailto:game.david@yahoo.co.uk)

OR by post to D Game, 21 Elm Rise, Witham, ESSEX CM8 2LE

Information: [game.david@yahoo.co.uk](mailto:game.david@yahoo.co.uk)

Please enter me for the Braintree Bog-gle Marathon 2019

I am at least 18 years old, I will participate only if I am fit to run the distance. I understand that the course will involve all the risks inherent in running trail events, including (but not limited to) uncertain

footing, unsupervised livestock, unmarshalled road crossings, rivers, low branches, trip hazards and poorly maintained fences, footbridges and stiles. I will not hold Mid Essex Casuals or any other person or body involved in the organisation of the event responsible for any injury or illness I may sustain or

damage to any property I may cause during the event. There are no on-site medical facilities (except basic first aid) and runners are advised to carry a fully charged mobile phone and dial 999 in the event of an emergency.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Sex: M/F: \_\_\_\_\_ Age on 20/01/2019: \_\_\_\_\_

Please indicate any special dietary requirements:

\_\_\_\_\_

E-mail address (or enclose SAE) for confirmation of entry :

\_\_\_\_\_

Affiliated club name or TRA or LDWA no. \_\_\_\_\_

Expected finishing time (approx) hrs \_\_\_\_\_ mins \_\_\_\_\_