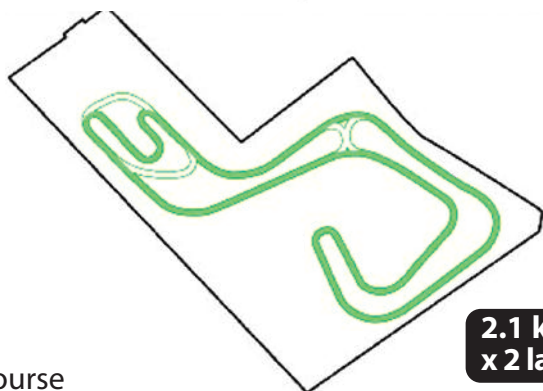
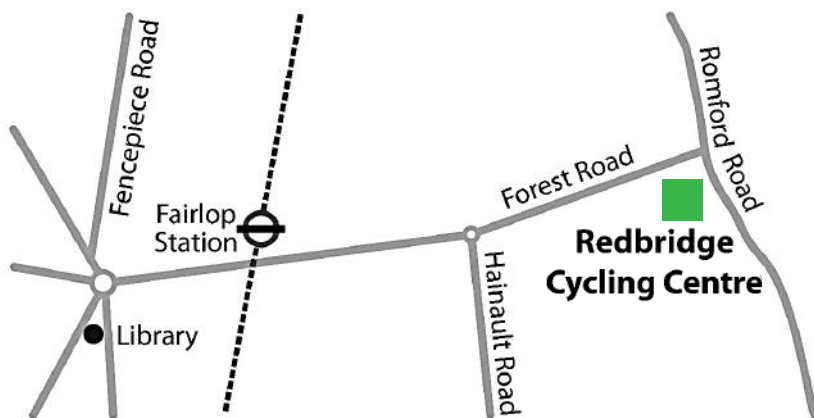


EAST LONDON MINI MARATHON - HOW TO GET THERE

Directional Map



**2.1 km
x 2 laps**

Diagram of Course

WHERE:

Redbridge Cycling Centre is located on Forest Road, Hainault.

BY TRAIN:

Nearest underground station is Fairlop on the Central line.

BY BUS:

The following buses stop on Barking Side High Street; 150, 167, 169, 207, 275, 36.

Meet at the Main Building for registration.

It is important that competitors arrive at least 30 minutes before your race time to allow for registration, race briefing and warm up.

East London Mini Marathon 2010

**Sunday 14th March
at Redbridge Cycling Centre
Forest Road
Hainault, IG6 3HP**

**INCORPORATING THE LONDON BOROUGHS
OF NEWHAM, REDBRIDGE
AND WALTHAM FOREST**



HOW TO ENTER

Just fill in the application form below and send to the appropriate address before Friday 26th February, 2010.

Your race number and further details will be sent to you nearer the date.

If you have any enquiries regarding entry, please contact your borough representative.

APPLICATION FORM

NOTES FOR GUIDANCE

- * Please print all details in block capitals.
- * Applicants must be a resident or attend school in the Borough they compete for.
- * Application form is for the East London Mini Marathon and if selected, the Virgin London Mini Marathon.
- * No responsibility for loss or damage of personal belongings will be accepted by the organisers.

Name _____ *Male/Female
Date of Birth _____ Age _____ (on 25.04.10)
Address _____
Tel/Mobile _____ Email: _____
School/College _____
Are you a member of an athletics club? If so which one? _____
I am a resident of * Newham Redbridge Waltham Forest
Parental Declaration: I agree to my son/daughter taking part in the East London Mini Marathon which is 4.2km and if selected the Virgin London Mini Marathon, which is 5km.
Official photographs and videos may be taken during this event, these may be used in the media or by the Sports Development Teams in their promotional work.
I Disagree for photographs and videos to be taken.
I would/would not like to use the free shuttle service from Fairlop Station to the venue if available.
Health Declaration: I am in good health
Signed competitor _____ Signed Parent/Carer _____

Newham Entries
Rhian Horlock
Athletics Development Officer
Sports & Activities
Leisure Service
London Borough of Newham
3 Atherton Road E7 9AJ
Tel: 020 8430 2484
Mobile: 07971 286 250
Rhian.Horlock@newham.gov.uk

Redbridge Entries
Darren Trippick
Sports Development Officer
London Borough of Redbridge
Wanstead Leisure Centre
Redbridge Lane West
Wanstead, E11 2JZ
Tel: 020 8708 0950
Mobile: 07932 636 114
Darren.Trippick@redbridge.gov.uk

Waltham Forest Entries
Ralph Robinson
Sports Development Team
Silver Birch House
Uplands Business Park
Blackhorse Lane, London E17 5SD
Tel: 020 8496 3698
Mobile: 07973 153 956
Ralph.Robinson@walthamforest.gov.uk

EAST LONDON MINI MARATHON

Take part in East London's biggest young athletes closed circuit road race.

Try for a place in your Borough's team for the Virgin Mini London Marathon and test your endurance as well, around this traffic free course. Redbridge Cycling Centre, Forest Road on Sunday 14th March 2010. Open to residents of Newham, Redbridge and Waltham Forest aged 11-17 years.

RACE PROGRAMME

There will be 5 races on the day each just over 4.2km in distance

1.	10.00am	11 and 12 year old girls	(Age on 25.04.10)
2.	10.45am	11 and 12 year old boys	(Age on 25.04.10)
3.	11.30am	13 and 14 year old girls	(Age on 25.04.10)
4.	12.00am	13 and 14 year old boys	(Age on 25.04.10)
5.	12.30pm	15, 16 and 17 year old boys	(Age on 25.04.10)
6.	13.00pm	15, 16 and 17 year old girls	(Age on 25.04.10)

Please ensure you arrive at least 30 minutes before the start of your race.

- * Trophies to first three finishers from each race.
- * Boxed medals to first three finishers from each borough.
- * Finisher medals for all finishers.

These will be presented immediately after each race.

VIRGIN MINI LONDON MARATHON

This is held on the morning of The Virgin London Marathon on 25th April, 2010 and covers the last 5km of the course. Six races are run and the 33 London Boroughs enter teams of up to 8 for each race. Medals, T-shirts and space blankets welcome every finisher home and T.V. presentation of the main race normally includes excerpts from the Virgin Mini London Marathon.

