



Promoted by Southport Waterloo AC



GOOD FRIDAY RACES

Victoria Park, Southport

2nd April 2010



Under UK Athletics Rules – License No TBA

3k Fun Run 10.00am - Ladies 4 Mile Race 10.30am - Men's 4 Mile Race 11.15am

LARGE PRIZE LIST

Brooks Tech T-Shirt to all 4 Mile postal / on-line entries received by 10th March

4-Mile Prizes 1st 6 Men & 1st 6 Ladies plus Vets: 1st in each Men's & Ladies Age Group. & 1ST Juniors (U20)

Medals to all Race & Fun Run Finishers

Entry Fees: 4-mile £9.00 (AFFILIATED £7.00) Fun Run £3.00 E.O.L. £1.00 extra. (Closes 30min before start)

Age Limits: 4-mile 15 years & over. Fun Run min age 9 years – registration open from 9.00 am

Entries to Race Director. Rob Clark, 14 Abbotsford Gardens, Crosby, Liverpool, Merseyside L23 3AP

Phone: 07917 184819 e-mail: robertmclark@blueyonder.co.uk.

Cheques Payable to: Southport Waterloo AC.

Club Website – www.southportwaterlooac.co.uk

On-Line entries @ www.ukresults.net

ENTRY FORM **4 Mile Ladies.....** **4 Mile Men.....** **Fun Run.....** **(✓) please tick event entered.**

Forename..... Surname..... M/F

Address

Post code E-Mail Add..... Vet Cat.....

Age on Race Day.. Tel.....

Club / Unattached Eng Ath Reg. No..... **(NO NUMBER NO DISCOUNT)**

I am an amateur as defined by UK Athletics Rules. I am medically fit to take part. I agree that the organisers and/or sponsors shall not be responsible for any loss, accident or injury (or loss/damage to property) arising from my participation on this event.

Signed **Date**

(Must be signed by a parent or guardian if competitor aged under 18 years)

Please send **SAE** for number and info. **No SAE, number to be collected on the day.** **Last mail out 16th March.** For entries received after that date, collect numbers on the day. Collect T-Shirts from registration on production of number.

Please indicate where you heard about the event...SOUTHPORT WATERLOO WEBSITE.....

Please tick if you do not want to receive information / offers from our Sponsor in the future.