



JUNIOR 15TH LOWESTOFT SCORES RACE



Permit No: **2010-101033**

Sunday 12th September 2010, 1:10pm start (registrations from 12:30pm)
Race Centre: Christchurch Rooms, Herring Fishery Score, Lowestoft NR32 1XE

Entry Fee: £4.00. Entries on day £1.00 extra
All proceeds to East Anglia Children's Hospice (EACH) 'Tree House Appeal'
Please add an additional donation to Entry Fee if you wish

PRIZES:
1st, 2nd, 3rd Boy and Girl for both age groups – 10 to 12 & 13 to 15 years old
Memento to all finishers

Facilities: Changing, toilets, refreshments

PLEASE COMPLETE IN BLOCK CAPITALS

First Name:		Surname:	
Postal Address:			
Town:		Postcode:	
Telephone:		Date of Birth:	
Age (Race Day):			
E-Mail:			
Affiliated Club/ Other Team:			

PLEASE NOTE: This is a hilly race with steps and is therefore not suitable for wheelchairs

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

Please accept my entry for the above event for which I enclose the correct entry fee. I am an amateur as defined by UKA and I agree to abide by their rules. I am medically fit to run and understand I do so at my own risk. I understand and agree that the organizers will in no way be liable for any injury, illness; loss howsoever occasioned resulting from the event. A signed entry form is considered acceptance of these conditions.

CLOSING DATE FOR POSTAL ENTRIES: FRIDAY, 10TH SEPTEMBER 2010
(Entries welcome on the day if limit not reached)
Send your entry together with the appropriate fee and stamped addressed envelope to:
Jane Lewis, c/o Waveney District Council, Town Hall, High Street, Lowestoft, NR32 1HS
Please make cheques payable to: "Waveney District Council"
RACE NUMBERS FOR PRE-ENTRIES TO BE COLLECTED FROM RACE HQ ON RACE DAY

For further information, contact Claire Henwood @ claire.henwood@waveney.gov.uk or 01502 523010

Sponsored by: Birds Eye

Race No. (official use only)

Supported by: Active Waveney Sports Partnership,

Waveney Valley Athletic Club & Christchurch

