



W.V.A.C

15TH LOWESTOFT SCORES RACE

Britain's Most Easterly Hill Race
4.75m (approx) including 409 steps

Licence No: 2010-101033



promoting active lifestyles

Sunday 12th September 2010, 2:00pm start (registrations from 12:30pm)
Race Centre: Christchurch Rooms, Herring Fishery Score, Lowestoft NR32 1XE
Entry Fee £8:00 UKA Club Member - £10.00 Unattached
(ENTRIES ON THE DAY - ENTRY FEE PLUS £2.00)
All proceeds to East Anglia Children's Hospice (EACH) 'Tree House Appeal'
Please add an additional donation to Entry Fee if you wish.

PRIZES:

First 3 Men and Ladies, regardless of category
1st Male and Female V40, V45, V50, V55, V60 & V65
Team (of 3) Prizes – 1st Men's and 1st Ladies
Memento to all finishes

PLEASE COMPLETE IN BLOCK CAPITALS

SURNAME		MALE/FEMALE
FIRST NAMES		
AGE(on day of race) Min.16yrs old		DATE OF BIRTH
POSTAL ADDRESS		
TOWN	COUNTY	POST CODE
TEL HOME(inc code)	TEL WORK(inc code)	E-MAIL
AFFILIATED CLUB		

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: 10TH SEPTEMBER 2010
(Entries welcome on the day if limit not reached)

Entry Forms with the appropriate fee and stamped address envelope to: **Jane Lewis, Waveney District Council, Town Hall, High Street, Lowestoft, NR32 1HS.** Please make cheques payable to: "Waveney District Council"
Or apply online at www.Runnersworld.co.uk (small fee applies)

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

RACE NUMBERS FOR PRE-ENTRIES TO BE COLLECTED FROM RACE HQ ON DAY

Race No. (official use only)

Sponsored by: Birds Eye

**Supported by: Active Waveney Sports Partnership,
Waveney Valley Athletic Club & Christchurch**

