

WAVENEY VALLEY ATHLETIC CLUB

[www.waveneyvalley.org](http://www.waveneyvalley.org)

**13<sup>th</sup> LOWESTOFT SCORES RACE**

**Distance 4.75 Miles (Approx)**

**Minimum Age 16**

**SPONSORED BY: BIRDS EYE**

**SUNDAY 14<sup>th</sup> SEPTEMBER 2008**

Start 12.00pm High Street Lowestoft. Permit No: applied

Registrations from 11.00am at Christchurch Rooms, Herring Fishery Score.

Entry Fee £7.00 Affiliated, £9.00 Unattached, Entry on day £2.00 extra  
(£1 of entry goes to NSHEBA-carnival)

**Prize List as Follows**

**First 3 Senior Men & Women**

**First Male Vet 40-49, 50-59 & 60+ First Female Vet 35-44, 45-54 & 55+**

**First Male & Female 16-20**

**First 3 Affiliated Teams Male & Female (3 to score)**

**First Non-Affiliated Team Male & Female (3 to score)**

**PLEASE COMPLETE IN BLOCK CAPITALS**

<b>SURNAME</b>	<b>MALE/FEMALE</b>	
<b>FIRST NAME</b>	<b>AGE (RACE DAY)</b>	
<b>POSTAL ADDRESS</b>	<b>DATE OF BIRTH</b>	
<b>TOWN</b>	<b>COUNTY</b>	<b>POST CODE</b>
<b>TEL</b>	<b>E-MAIL</b>	
<b>AFFILIATED CLUB/OTHER TEAM</b>		

*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 organisers will in no way be liable for any injury, loss, illness howsoever occasioned resulting from the event. A signed entry form is considered acceptance of these conditions.*

*Signed*

*Date / /*

***CLOSING DATE 10<sup>th</sup> September 2008***

*Send your entries together with the appropriate fee and stamped addressed*

*Envelope to:-*

***Mr Brian Boardley, 191 St Peters Street, Lowestoft, Suffolk, NR32 2LT.***

***CHEQUES MADE PAYABLE TO "Waveney Valley Athletic Club"***

***WARNING: THIS IS AN ARDUOUS & HILLY RACE INCLUDING  
409 STEPS YOU MUST BE FIT. UNSUITABLE FOR  
WHEELCHAIRS.***