

# WAVENEY VALLEY ATHLETIC CLUB

## JUNIOR 14<sup>TH</sup> LOWESTOFT SCORES RACE

10-12years Age Group = 1600metres (approx) Start: 11:00

13-15years Age Group = 2000metres (approx) Start 11:20

Licence No. 2009-100157

Sunday 13<sup>th</sup> September 2009

Race Centre: Christchurch Rooms, Herring Fishery Score, Lowestoft NR32 1XE

Entry Fee: £3.00. Entries on day £1.00 extra

### PRIZES:

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Boy and Girl in each race  
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 tick if you prefer not to receive details of future WVAC races by e-mail

*Declaration: I am an amateur as defined by UKA and agree to abide by their Rules and the race referee's decision. I am enclosing the entry fee and understand that there can be no refund after my entry has been processed. I accept that none of the organisers, sponsors or their servants will be liable for any injury, illness or loss (howsoever occasioned) resulting from my participation in this event. I consider myself fit enough to complete this event. **HEALTH WARNING: Athletes should be aware of the dangers of dehydration. Drink plenty before and during exercise. It is unwise to undertake strenuous exercise when suffering from an infection.***

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

### CLOSING DATE FOR POSTAL ENTRIES: 6<sup>TH</sup> SEPTEMBER 2009

(Entries welcome on the day if limit not reached)

Send your entry together with the appropriate fee and stamped address envelope to:

Stephanie Pimlott, 10 Swonnells Walk, Lowestoft, Suffolk, NR32 3PG

Please make cheques payable to: "Waveney Valley Athletic Club"

Or apply online at: [www.waveneyvalley.org](http://www.waveneyvalley.org)

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

Race helpline: 01502 567980 (David Pimlott) or e-mail: davidandsally@talktalk.net

WARNING: THIS IS AN ARDUOUS AND HILLY RACE. YOU MUST BE FIT. UNSUITABLE FOR WHEELCHAIRS

Sponsored by: **Birds Eye**

Supported by: **Waveney District Council**

Race No. (official use only)