

WAVENEY VALLEY ATHLETIC CLUB

14TH LOWESTOFT SCORES RACE

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

Licence No. 2009-100157

Sunday 13th September 2009, 12:00 noon start (registrations from 11:00am)

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

£8.00 ukathletics members, £10 non-uka members. Entries on day £2.00 extra

£1.00 of entry goes to Help an East Coast Child www.thebeach.co.uk

PRIZES:

1st, 2nd, 3rd Male and Female, regardless of category

First male and female vet 40+, 50+, 60+

Team (of 3) prizes – 1st affiliated (male and female), 1st non-affiliated (male and female)

Facilities: Changing, toilets, refreshments

PLEASE COMPLETE IN BLOCK CAPITALS

First Name:		Surname:	
Postal Address:			
Town:		Postcode:	
Telephone:		Date of Birth:	
Age (Race Day):	Min age 16 yrs		
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. Alcoholic drinks are dehydrating. It is unwise to undertake strenuous exercise when suffering from an infection.***

Signed: _____ Date: _____

CLOSING DATE FOR POSTAL ENTRIES: 6TH 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

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)