

Low Fell Running Club  
Present  
LFRC Race Series (Race 1)



# Watergate Trail Race

(approx 10k)\*

License No : 2010-100548

Lobley Hill

**Sunday 30st May 2010**

**10:00am Start**

Young Athletes 2k\* Race starts at 9:30am (approx)\*

An undulating off road course on forest trails and cycle tracks

Registration, Changing, Presentation and refreshments at Watergate Park changing rooms.

\*This course has been measured

Enter online

[www.lowfellrunningclub.co.uk](http://www.lowfellrunningclub.co.uk)



Prize List - Senior Race £60 1st Man and 1st Lady

Senior Men 1<sup>st</sup> 3, Senior Women 1<sup>st</sup> 3 + various other age categories (dependant on entries)

**\* All Senior finishers will receive a goodie bag \***

Entry Fees, £10.00 UKA members (club members), £12.00 Unattached

Series Entry £22 Attached, £28 Unattached, Young Athletes £2.00

Entries accepted on the day £2.00 extra for senior race and eligible for prizes

All Entrants for senior race must be over 15 or over

*Unfortunately this race is not suitable for wheelchair athletes but we encourage entries from all groups within the Community*

Cheques Payable to : "Low Fell Running Club"

Entries to : Race Organiser, 78 Salcombe Gardens, Low Fell, Gateshead, NE9 6XZ

Queries to : Alan Clarke/John Stephens : 0191 4212223 / 4221113

Collect Numbers on Race Day

Closing Date: (Postal) 21<sup>st</sup> May 2010: Online Entries close 28<sup>th</sup> May 2010

|  |                                 |     |        |               |         |     |          |        |     |
|--|---------------------------------|-----|--------|---------------|---------|-----|----------|--------|-----|
| Name :   |                                 |     |        |               | Male    |     |          | Female |     |
| Age Category<br>(Please circle)  | U17                             | U20 | Senior | O35<br>Ladies | O40     | O45 | O50      | O55    | O60 |
|  | Under 11                        |     |        | Under 13      |         |     | Under 15 |        |     |
| Age on Day of race   | Series Entry (Circle This area) |     |        |               |         |     |          |        |     |
| Home Address:  |                                 |     |        |               |         |     |          |        |     |
| Club:  |                                 |     |        |               | UKA No: |     |          |        |     |
| Email Address:   |                                 |     |        |               |         |     |          |        |     |
| <p><u>Declaration:</u> I am an amateur as defined by UK Athletics and agree to abide by their Rules. I also understand and agree that I participate at my own risk and am medically fit and the organisers will not be responsible for any injury, loss or illness caused to me during or as a result of the race or for any property lost or damaged before, during or after the event.</p> |                                 |     |        |               |         |     |          |        |     |
| Signature :  |                                 |     |        |               | Date:   |     |          |        |     |

Results will be available from [www.lowfellrunningclub.co.uk](http://www.lowfellrunningclub.co.uk)