

Watergate 5km



Incorporating Veterans Athletics Association North East of England 5k trail Championships

Lobley Hill, Gateshead

31st August 2017

Licence : 2017-28003 Under UKA rules
Supported by Gateshead Borough Council &
Ravensdene Lodge Hotel NE11 0AN



7.15pm Senior Start

7pm Young athletes race – Approx 2km

*Pre entered Number collection at Watergate Park by football pitch Parking at Watergate Park off Whickham rd
Late entries, Presentation and refreshments Ravensdene Lodge Hotel*

Prize Lists Senior Race £60 1st Man and 1st Lady

Senior Men 1st 3, Senior Women 1st 3 + 1st 2 Fo'35, & 1st 2 M/F o'40, o'45, o50, o55, o60, o'65
1st under 17 and 21

1st ladies and Men's Team prizes (team of 3)

Young athlete 1st 3 in each age category U11; U13 and U15 boys and girls

All Senior Entrants must be over 15 on the day of the race

All Children's races are age on the day of the race No extra charge for the NEMAA Championship

Please complete the form below and send with entry fee to
Race Organiser, 20 Kenilworth View, Low Fell, Gateshead, NE9 7TT
Please make cheques payable to : "Low Fell Running Club"

Queries to : Alan Elders on 0191 4870518

All "On the day" entries will be charged £2.00 extra and eligible for prizes.

Collect Numbers on Race Day* ENTER ONLINE @ WWW.LOWFELLRUNNINGCLUB.CO.UK

Name:							Watergate			M / F	
Age Category (Please circle)	U17	U20	Senior	F'035	O40	O45	O50	O55	O60 / 065		
	Under 11			Under 13				Under 15			
Age on Day of race :							DOB :				
Home Address:											
Club:				UKA No:			NEMAA No For 5k submitted by 21 st August 2015				
Please Select which race(s) you wish to participate in											
	UKA Club Runners ✓			Unattached ✓			Child ✓				
Watergate 5k	£8.00			£10.00			£2.00				
<p>Closing date for race– 25th August 2017 NEMAA 23st aug <u>Online entries close 48hrs before the event</u> Declaration: 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, claim or illness caused to me during or as a result of any of the races or for any property lost or damaged before, during or after the events.</p>											
Signature:							Date:				



ENTER ONLINE @ WWW.LOWFELLRUNNINGCLUB.CO.UK