

LFRC WATERGATE 5KM



Low Fell Running Club Watergate 5km, incorporating NEMAA 5k trail championships

31st August 2017

7pm Young Athletes (apx 2km)

7.15pm Senior Start

Prize Lists

Senior Race £60 1st Man and 1st Lady

Senior Women 1st, 2nd & 3rd

Senior Men 1st, 2nd & 3rd

1st x 2 men, o 40, o 45, o50, o55, o60, o65

1st x 2 Female, o 35, o 40, o 45, o50, o55, o60, o65

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



1st under 17 and 21

Young Athlete 1st 3 in each age category, U11, U13 & 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. There is no extra charge for NEMAA Championship.

Our Race Presentation will be held at Ravensdene Lodge Hotel. Please come along and join us for a free buffet, and your chance at winning a prize from our raffle. (£1 strip of numbers).

Please complete the form below and send with entry fee to Race Organiser, 20 Kenilworth View, Gateshead, NE9 7TT. Please make cheques payable to, 'Low Fell Running Club.' Any queries, please contact Alan Elders 0191 4870518

All on the day entries will be charged at £2.00 extra and will be eligible for prizes.

Name	<input type="text"/>	Gender	<input type="text" value="M"/>	<input type="text" value="F"/>				
Age Category	<input type="text" value="U17"/>	<input type="text" value="U20"/>	<input type="text" value="Senior"/>	<input type="text" value="F' 035"/>	<input type="text" value="O' 40"/>	<input type="text" value="O' 45"/>	<input type="text" value="O' 55"/>	<input type="text" value="O' 60"/>
	<input type="text" value="Under 11"/>		<input type="text" value="Under 13"/>		<input type="text" value="Under 15"/>			
Age on race day	<input type="text"/>	Date of Birth:	<input type="text"/>					
Home Address	<input type="text"/>							
Club:	<input type="text"/>	UKA No.	<input type="text"/>	NEMAA No	<input type="text"/>			
Watergate 5k	<input type="text" value="UKA Club Runners"/>		<input type="text" value="Unattached"/>		<input type="text" value="Child"/>			
	£8.00 <input type="text"/>		£10.00 <input type="text"/>		£2.00 <input type="text"/>			

Closing date for race - 25th August 2017 NEMAA 23rd August 2017
(Online entries close 48hrs before the event)

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 held 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.

Signature _____

Date _____