

Presents

# *The Angel View Run*

## *8<sup>th</sup> July 2010*

*Permit : 2010-100548*

*Supported by Gateshead Borough Council*

*Angel View Hotel*

*Seniors Start ~ 7.15pm*

*(1<sup>st</sup> Children's race starts at 6.30pm)*

*Registration, Presentation and refreshments at Angel View Hotel*

*Course starting and finishing near the Angel View Hotel  
over undulating cross country and old railway tracks (Approx. 5 miles).*

*Children's races – ages on day of race  
under 11's, under 13's and under 15's for boys and girls over 600m, 1200m & 1800m approx.*

*Medals to all finishers in children's race plus prizes for 1<sup>st</sup> 3 boys and 1<sup>st</sup> 3 girls*

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# *Watergate 5k\**

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

*Lobley Hill, Gateshead*

## *8<sup>th</sup> September 2010*

*Permit : 2010-100548*

*Supported by*

*Gateshead Borough Council &*

*Ravensdene Lodge Hotel*

*7.00pm Senior Start*

*6.40pm Young athletes race – Approx 2k*

*Registration, Presentation and refreshments Ravensdene Lodge Hotel*

*\*This course has been measured.*



**ENTER ONLINE @**

**WWW.LOWFELLRUNNINGCLUB.CO.UK**

# Prize Lists

## Senior Race £60 1st Man and 1st Lady

**Senior Men 1<sup>st</sup> 3, Senior Women 1<sup>st</sup> 3 + 1<sup>st</sup> 2 FO35, & 1<sup>st</sup> 2 M/F O40, O45, O50, O55, O60  
1<sup>st</sup> ladies and Men's Team prize (team of 3) @ each of the races  
Young athlete 1<sup>st</sup> 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*

*There is no extra charge for the VAANE 5k Championship  
but entries do have to be submitted by 21<sup>st</sup> August 2010*

*Closing dates for races  
Angel Race – 3<sup>rd</sup> July 2010  
Watergate 5k – 4<sup>th</sup> September 2010*

**Online entries close 48hrs before the event**

Please complete the form below and send with entry fee to  
Race Organiser, 78 Salcombe Gardens, Low Fell, Gateshead, NE9 6XZ  
Please make cheques payable to : "Low Fell Running Club"  
Queries to : Alan Elders on 0191 4870518 / Geoff Hume on 0191 4871582  
All "On the day" entries will be charged £2.00 extra and eligible for prizes.

### **Collect Numbers on Race Day\***

|   |                           |     |        |                     |              |     |                            |     |     |  |
|---|---------------------------|-----|--------|---------------------|--------------|-----|----------------------------|-----|-----|--|
| <b>Name:</b>  |                           |     |        |                     |              |     | <b>M / F</b>               |     |     |  |
| <b>Age Category</b> (Please circle)   | U17                       | U20 | Senior | F'O35               | O40          | O45 | O50                        | O55 | O60 |  |
|   | Under 11                  |     |        | Under 13            |              |     | Under 15                   |     |     |  |
| <b>Age on Day of race :</b>   |                           |     |        |                     | <b>DOB :</b> |     |                            |     |     |  |
| <b>Home Address:</b>  |                           |     |        |                     |              |     |                            |     |     |  |
| <b>Club:</b>  |                           |     |        | <b>UKA No:</b>      |              |     | <b>VAANE No<br/>For 5k</b> |     |     |  |
| <b>Please Select which race(s) you wish to participate in</b>   |                           |     |        |                     |              |     |                            |     |     |  |
|   | <u>UKA Club Runners</u> ✓ |     |        | <u>Unattached</u> ✓ |              |     | <u>Child</u> ✓             |     |     |  |
| Angel Run   | £7.00                     |     |        | £9.00               |              |     | £2.00                      |     |     |  |
| Watergate 5k  | £7.00                     |     |        | £9.00               |              |     | £2.00                      |     |     |  |
| <b>Declaration:</b> 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. |                           |     |        |                     |              |     |                            |     |     |  |
| <b>Signature:</b>   |                           |     |        |                     | <b>Date:</b> |     |                            |     |     |  |