

LOW FELL

START FITNESS



Watergate Trail Race & Junior Race

Sunday 10th July 2011

**Race HQ, Football fields, Watergate Park, Lobley Hill
Approx 10k - licence 2011-101876. Under UKA Rules.**

**Seniors Race @ 10.30am, Children's Race @ 10.00pm – Approx 2k
T-Shirt/Goody Bag for all finishers in Senior Race only**

Watergate 5k Race & Junior Race

Wednesday 24th August 2011

**Incorporating VAANE 5k Championship licence 2011-101950
Under UKA Rules Supported By**

Ravensdene Lodge Hotel

Seniors Race @ 7.00pm, Junior Race @ 6.40pm – Approx 2k



Extensive Prize list – Senior Race £70 1st Man and 1st Lady

1st 3 Senior Men & Senior Women

1st U17 M/F, 1st U21 M/F, 1st 2 FO35, & 1st 2 M/F O40, O45, O50, O55, O60, O65

1st ladies and Men's Team prize (team of 3) @ each of the Senior races

Junior athletes : 1st 3 in each age category U11; U13 and U15 boys and girls

Races 2011

Entry Form

For Angel, Watergate Trail Race and Watergate 5k

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

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

Closing dates for races - Angel Race – 30th May 2011,

Watergate Trail Race – 6th July 2011,

Watergate 5k – 19th August 2011 – VAANE Entries 13th August

Online entries 48hrs before the event

Collect Numbers on Race Day*

Name:							M / F			
Age Category <small>(Please circle)</small>	U17	U21	Senior	F'035	O40	O45	O50	O55	O60	O65
	Under 11			Under 13			Under 15			
Age on Day of race :					DOB :					
Home Address:										
Club:				UKA No:			VAANE No For 5k			
Please Select (tick) which race(s) you wish to participate in										
	<u>UKA Club Runners</u> ✓			<u>Unattached</u> ✓			<u>Junior</u> ✓			
Watergate Trail Race	£10.00			£12.00			£2.00			
Angel Run	£7.00			£9.00			£2.00			
Watergate 5k	£7.00			£9.00			£2.00			
T-shirt size (if app)	S		M		L		XL			
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.										
Signature:					Date:					
(Parent/Guardian must sign if under 18)										



www.lowfellrunningclub.co.uk