

Presents

# WaterGate 5k

Lobley Hill

3<sup>rd</sup> September 2008

License No : 10386

Incorporating

Veterans Athletics Association North East of England 5k Championships

7.00pm Start

Supported by the

Ravensdene Lodge Hotel

**Course: A fast 2 lap course on tracks - certified accurate by the AAA/RRC (cert 08/002)**

*Registration, Presentation and refreshments @ Ravensdene Lodge Hotel*

**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, 1st under 17 and 20 man and lady

Vet Men 1<sup>st</sup> 2 O'40, O'45, O'50, O'55; O'60

Vet Ladies 1<sup>st</sup> 2 O'35, O'40, O'45, O'50, O'55; O'60

1<sup>st</sup> Ladies and men's Team prizes (team of 3) Spot Prizes

**Senior Entry Fees, £6.00 UKA members (club members),  
£7 for VAANE Championships (Association members only)**

**£8.00 Unattached (non club members)**

Entries on day - Seniors £2.00 extra and eligible for prizes

*No VAANE championship entries on day of race*

*All Senior entrants must be over 15 on 31<sup>st</sup> August 2008*

Cheques Payable to : "Low Fell Running Club"

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

Queries to : Alan Elders on 0191 4870518

**Collect Numbers on Race Day**

**Closing Date: 27<sup>th</sup> August 2008**

Name:					Male			Female	
Age Category (Please circle)	U17	U20	Senior	O35 Ladies	O40	O45	O50	O55	O60
Age on Day of race									
Home Address:									
Club:					UKA No/ VAANE No				
Email Address:									
<p><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 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>									