



# Lincoln Wellington AC



## 5k Race Series

**Incorporating 3k & 1k Junior Series**

RACE PERMIT  
2010-100894

flat fast course, traffic free, at the Yarborough Leisure Centre, Riseholme Road, Lincoln

sponsored by:  **THE LINCOLNSHIRE RUNNER** 

<b>1k:- u/11.</b>	<b>3k:- u/13. u/15.</b>	<b>5k:- u/17. u/20. Senior. Vet.</b>
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**2010 Race Dates:- 26 May / 30 June / 28 July / 25 August**

3k and 1k races start at 7.00pm

5k race starts at 7.30pm

£3.00 1k race (U11)

£5.00 5k race (club athletes)

£9.00 1k series (U11)

£7.00 5k race (non-affiliated athletes)

£4.00 3k race (U13/U15)

£15.00 5k series (club athletes)

£12.00 3k series (U13/U15)

£23.00 5k series (non-affiliated athletes)

Prizes: To win a prize you must complete at least 3 out of the 4 races and finish in the first three overall in your gender/age group

### Lincoln Wellington AC 5k/3k/1k Road Race Series 2010

NAME .....

CLUB ..... MALE / FEMALE

DATE OF BIRTH .....

AGE ON 26 MAY 2010 .....

#### **AGE GROUPS BASED ON AGE ON DATE OF FIRST RACE IN SERIES**

EVENT\*: Under 11 (1k) / Under13 (3k) / Under15 (3k)  
Under17 (5k) / Under 20 (5k) / Senior (5k) / Vet (5k)

RACE\*: Whole Series / 26 May / 30 June / 28 July / 25 August

\* delete as appropriate

Please ensure all cheques are made payable to **LINCOLN WELLINGTON AC**

Fee Enclosed ..... RACE NUMBERS ARE TO BE COLLECTED FROM  
RACE HQ (Club hut) PRIOR TO THE START

**DISCLAIMER:** I agree to abide by the rules of UK Athletics and the event. I understand that I enter the race at my own risk and that no person(s) or organisations will be held responsible for any accident, injury or loss to myself prior to, during, or after the event.

I understand the organisers reserve the right to alter arrangements and conditions should circumstances require. If under 18 years of age, a parent/guardian's signature is required.

**Signature** ..... **Date** .....

Entries to: Anne Gilroy, 103 Skellingthorpe Road, Lincoln. LN6 7QU