



Lincoln Wellington AC



5k Race Series

Incorporating 3k & 1k Junior Series

RACE PERMIT
2011-102078

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

supported by:  **THE LINCOLNSHIRE RUNNER** 

| 1k:- u/11. | 3k:- u/13. u/15. | 5k:- u/17. u/20. Senior. Vet. |
|---|------------------|--|
| 2011 Race Dates:- 25 May / 29 June / 27 July / 31 August | | |
| 1k and 3k 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 2011

NAME

CLUB MALE / FEMALE

DATE OF BIRTH

AGE ON 25 MAY 2011

AGE GROUPS BASED ON AGE ON DATE OF FIRST RACE IN SERIES (MALE/FEMALE VETERAN AGE GROUPS START AT AGE 40)

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

RACE*: Whole Series / 25 May / 29 June / 27 July / 31 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

Please check www.lwac.org.uk for any last-minute updates or changes