



Lincoln Wellington AC



5k Race Series

Incorporating 3k & 1k Junior Series

RACE PERMIT
2013-105814

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.
2013 Race Dates:- 29 May / 26 June / 31 July / 28 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 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 2013

NAME

CLUB MALE / FEMALE

DATE OF BIRTH

AGE ON 29 MAY 2013

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 / 29 May / 26 June / 31 July / 28 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 (Sports Hub) 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