

**Southport Waterloo Athletic Club
Presents**

*Southport Good Friday Races
Victoria Park Southport
Friday April 14th. 2006*

Fun Run 3k.10 am Start. Min Age 8yrs
Ladies 4-mile Race 10.30 am. Min Age 15yrs
Men's 4-mile Race 11.15 am. Min Age 15yrs

Permit 7221

<p>Prizes.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">First 6 Men</td> <td style="width: 50%;">First 6 Ladies</td> </tr> <tr> <td>1st Male V 40.....</td> <td>1st.Lady V 35</td> </tr> <tr> <td>V 45.....</td> <td>V40</td> </tr> <tr> <td>V50.....</td> <td>V45</td> </tr> <tr> <td>V55.....</td> <td>V50</td> </tr> <tr> <td>V60.....</td> <td>V55</td> </tr> <tr> <td>V65.....</td> <td>V60</td> </tr> </table> <p>1st Junior. Male & Female. [Un20]</p>	First 6 Men	First 6 Ladies	1 st Male V 40.....	1 st .Lady V 35	V 45.....	V40	V50.....	V45	V55.....	V50	V60.....	V55	V65.....	V60	<p>Car Parking: Westbourne Road and surrounding area is free. Rotten Row parking restrictions: 1hr. in any 2hrs, Traffic wardens may be around. Park and Ride. Last year £3. But may change. No changing facilities but large toilet block. Free computerised results on the day Also at www.sw-ac.co.uk. Race sec. nm0012675@blueyonder.co.uk</p>
First 6 Men	First 6 Ladies														
1 st Male V 40.....	1 st .Lady V 35														
V 45.....	V40														
V50.....	V45														
V55.....	V50														
V60.....	V55														
V65.....	V60														

Please send Entry Form. with SAE and a Cheque or Postal Order to
 [Southport Waterloo AC.] Race Sec'y, 53 Oak Street, Southport, Merseyside, PR8 6AL
 Men and Ladies race.£5 Unattached £7.Fun Run £3.
£1 extra on the day

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Print Name	Club or Unattached.
Address.	Age. [] Vet. Cat. []
Town.	Tel.
Post Code.	NoE. Reg'n No
Fun Run[] Ladies.[] Men's.[]	E-mail (optional)

I accept that I compete in this event at my own risk and that the organisers shall not be liable for any injury or loss as a consequence of my participation. I will abide by the rules of UK Athletics

Signed.	Date.
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