

THANK YOU FOR ENTERING THE



Good Friday Races

Promoted by Southport Waterloo AC

10th April 2009

Under UK Athletics Rules – License No 20090089

Course measurement Certificate No: 02/003

Victoria Park, Southport

Your number is included:- Please complete medical details on rear. Numbers must not be Folded – Cut or Mutilated in any way when worn during the race.

START TIMES

3k Fun Run 10.00am - Ladies 4 Mile Race 10.30am - Men's 4 Mile Race 11.15am

Age Limits: 4-mile 15 years & over. Fun Run min age 8 years

Registration open from 9.00 am (See Map for Location)

Entry Fees: 4-mile £6.00 Unattached £8.00 Fun Run £3.00

Extra entries on the day £1.00 extra

4-Mile Prizes 1st 6 Men & 1st 6 Ladies plus Vets: 1st in each Men's & Ladies Age Group. & 1ST Juniors.

Mementoes to all Race and Fun Run Finishers

No changing facility but there is a large very clean toilet block on site.

Car parking at the Park & Ride (Eco Centre) (See Map) there will be a small charge levied by the Local Council which we have no control over.

Computerised results available on the day

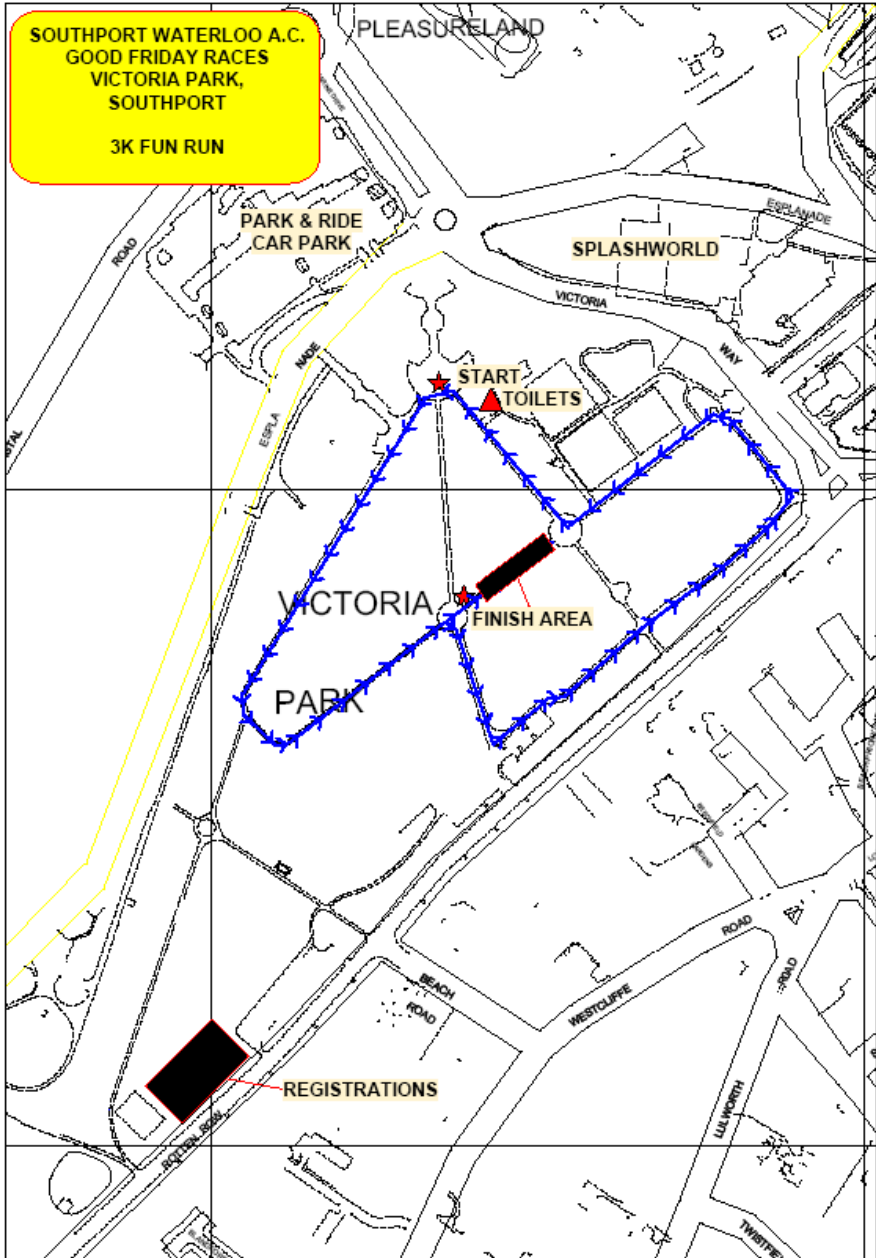
Race Director. Rob Clark, 14 Abbotsford Gardens, Crosby, Liverpool, Merseyside L23 3AP

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**SOUTHPORT WATERLOO A.C.
GOOD FRIDAY RACES
VICTORIA PARK,
SOUTHPORT**

3K FUN RUN



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SOUTHPORT**

4 MILE RUN

