

# GILLIONS



## WATERLOO 15K RACE

### Fitness Connection 3K FUN RUN

### 5K FUN RUN in Aid Of MARIE CURIE CANCER CARE

### Bank Holiday Monday May 3rd 2010

Start & Finish at Merchant Taylors Playing Field, Hall Road, Crosby L23 8TZ

**3K FUN RUN** starts at 10.40am - minimum age from school year four.

**5K FUN RUN** starts at 11.40am - minimum age 15 years.

**15K RACE** starts at 11.30am - minimum age 16 years.

Organised under UKA laws. Permit No. 2010-0062.

**Race Day Registration** up to 30 minutes before selected race starts.

Changing and shower facilities. 15K & 5K results on the day.

Medals & T-Shirts to all finishers in both 15K and 5K events.

**15K race prizes** for 1st, 2nd & 3rd men & women.

**VET PRIZES:** Men V40 - V60, Women V35 - V55 **UP & RUNNING**

**15K TEAM TROPHIES** (club colours must be worn, 4 to count)

**MEDALS TO ALL 3K RUNNERS • Spot Prizes**

**Race Limits: 3K - 600 Runners, 5K - 500 Runners, 15K - 900 Runners**

**FOR ONLINE ENTRY GO TO [www.ukresults.net/online](http://www.ukresults.net/online)**

## Gillions

*Caterer & Fine Food Retailer*

128-130 College Road, Crosby,  
Liverpool L23 3DP

**Telephone:** 0151 924 4057

**Fax:** 0151 932 9087

Email: [brianwilson1@btconnect.com](mailto:brianwilson1@btconnect.com)

**Come & join us at the event Boar Roast.**

### FITNESS CONNECTION

Health & Fitness Clubs

- NO JOINING FEE
- SENSIBLE MONTHLY DUES
- ON GOING PERSONAL SUPPORT
- WELL EQUIPPED
- ALL CARDIO - EQUIPMENT HEART - RATE COMPATIBLE
- BEGINNERS CATERED FOR
- FRIENDLY & NON-INTIMIDATING
- FAMILY RUN BUSINESS SINCE 1982
- NO CHARGE FOR CLASSES

PHONE US ON  
**0151 920 3804**

TO ACTIVATE YOUR FREE  
TRIAL VISIT

The Old Palladium,  
83 Seaforth Road,  
Seaforth, Liverpool

## ENTRY FORM 2010

Name _____	15K Affiliated	£9 <input type="checkbox"/>
Address _____	15K Unattached	£11 <input type="checkbox"/>
_____	5K Fun Run	£6 <input type="checkbox"/>
_____	3K Adult	£4 <input type="checkbox"/>
Post Code _____	3K Under 16	£3 <input type="checkbox"/>
Male <input type="checkbox"/> Female <input type="checkbox"/>	Entries on Race Day	
Age on 3rd May 2010 _____	Extra Surcharge	£1 <input type="checkbox"/>
UKA Affiliated Club _____		
Non Affiliated Team _____		
Phone Contact Number _____		
Email Address (15K) _____		
School (3K only) _____		
England Athletics Number <input type="text"/>		

Cheques/Postal Orders payable to:- Southport Waterloo AC with a A5 size SAE to:

Brian Kelly, 4 Lichfield Avenue, Waterloo, Liverpool L22 2AU.

Closing date for entries April 28th.

I declare that I am an amateur by UKA laws, I am fit to run and do not hold the organiser responsible for any injury or loss.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Sefton **NHS**

Marie Curie  
Cancer Care

