



LIVERPOOL HARRIERS & A.C.



Wavertree MYSTERY PARK

5km Road Race Series 2010

(U.K.A. rules, Race Licence applied for, Measured course Cert. 05/017)

ENTRY TO EACH RACE ONLY

£1.00 (club) or
£3.00 (unattached)
Race Starts at 7.15pm

- Race 1 Tues May 4
- Race 2 Tues June 8
- Race 3 Tues July 6
- Race 4 Tues August 3
- Race 5 Tues September 7



Registration: LHAC Clubhouse, Athletics stadium, Wellington Road, L15 Minimum age on race day: 13 years Male & Female. Club vests should be worn 1st or 2nd claim club members may compete. Relax in our Clubhouse after the race where showers are available. FREE cumulative race results on the night
 Traffic free tarmac paths course inside Wavertree Mystery Park. Course Records: Male 15.03 Johnny Mellor 2010 Female 16.55 Jenny Clague 2006 CASH PRIZES FOR NEW COURSE RECORDS Standards to be preset on the night before each race (Race 1 standards: Male 15.15 Female 16.45) PRIZES to 1st 3 males & 1st 3 Females

Name Contact phone number.....

Club or Unattached..... Male or Female

Age on race day I am an amateur, medically fit to run and take part at my own risk

SIGNED

**natterjack
running** 

4, North John St, Liverpool, L2 4SA
555 Smithdown Rd, Liverpool, L15 5AF
159 Eastbank St, Southport, PR8 1EE

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Train at the gym home or outdoors,
*Male, female, children, elderly, special populations
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