



LIVERPOOL HARRIERS & AC

Founded 1882 President M F Dooling MBE mcsaa2014@gmail

Christmas Handicap Races Sunday 21st December, 2014
Race Headquarters Club Headquarters, Wavertree Athletics Centre

This traditional annual handicap race for club members will be held on the usual course, on the inner road circuits at Wavertree. The races will start and finish adjacent to the gates on the back straight of the track.

There will be two races, the girls and boys [U14 ie year 8 and under] will be run first at 11am over 1.5 miles and then the older age group race at 11.30, over 2.7 miles [approx]

These are handicap races, which means that each runner will receive a time start according to her/his estimated ranking. On completion of the race all finishers will take their finishing ticket to the prize table in the club house to receive their prize. **PLEASE GO TO THE PRIZE TABLE AS SOON AS YOUR RACE HAS FINISHED.** If you do not respond quickly enough you may not be able to select your own prize but just be allocated one. The fastest runner in each race will be allocated the fourth choice prize. In the senior men's race the fastest runner will be awarded the Past Members Memorial Trophy, with the fastest woman receiving the Tom O'Mahoney trophy, and the fastest U14 also being allocated a trophy.

The entry fee is £2 which is to be paid at registration , on the day of the race.

[NB Subscriptions for 2015 become due on the 1st of January and can be paid at the Christmas Handicap – the current rates are displayed on the club notice board]

Entries may be handed in on any training evening or be sent directly to Mike Dooling at 19 Mooreway, Rainhill, Prescot, Merseyside L35 6PD [Tel 078100 53328] before Thursday 18th December or emailed to mcsaa2014@gmail.com

It is the custom each year for members, parents and others to make donations to the Christmas Handicap Fund or donate prizes to help defray the cost of prizes – usually we purchase around 70 prizes.

Sunday 21 December CLUB HANDICAP ENTRY FORM

Full Name _____ **DoB** _____

I wish to enter the Girls and Boys U14 race _____

The Combined 14 + event _____

Entries to be received by Mike Dooling MBE by Thursday 18th December, 2014

NB Do not send any money – Pay on the Day