



**LIVERPOOL HARRIERS & A.C.**

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**MYSTERY  
PARK  
5K**



## Road Race Series 2014



(U.K.A. rules, Race Licence 2014-11961, Measured course Cert. 05/017)

**The science in sports nutrition**

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### ENTRY TO EACH RACE ONLY

£2.00 (club) or

£4.00 (unattached)

Race Starts at 7.15pm

Race 1 Tues May 13

Race 2 Tues June 17

Race 3 Tues July 22

Race 4 Tues August 12

Race 5 Thurs September 4



*"For a low key evening race, this was impressive - and for the cheapest road race entry in the country"*  
(BARR Scrutiny 2010)

**A 1 MILE ROAD RACE** for 9-12 years old, male and female, will take place before each race, starting at 6.45pm - £1.00 per runner

Registration: LHAC Clubhouse, Wavertree Athletics Centre, Wellington Road, L15 4JN. Minimum age 13 on race day, Male & Female. Showers, toilets (inc. disabled) and water available in Clubhouse. FREE provisional cumulative results available on the night. Traffic free tarmac paths course inside Wavertree Mystery Park. Course suitable for wheelchair and sight impaired athletes. Course Records: Male 15.03 Jonny Mellor 2010 Female 16.55 Jenny Clague 2006.

CASH PRIZES FOR NEW COURSE RECORDS. PRIZES to 1st 3 Males & 1st 3 Females each night and also

**£50.00 NATTERJACK RUNNING Prize Voucher** for overall best times (Male & Female) 4 out of 5 times to count.

**natterjack  
running**

2 North John St, Liverpool, L2 4SA  
159 Eastbank St, Southport, PR8 1EE

[www.natterjack.co.uk](http://www.natterjack.co.uk)

**HPN**  
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**pb**  
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