

natterjack  
running



# Seaside 10K



and charity fun run

Victoria Park Southport, Sunday Oct 18 2009  
fun run starts 10am  
10K starts 11am

UK Athletics Licence applied for



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



Natterjack Running Centre 159 Eastbank Street Southport 01704546082 & 555 Smithdown Road Liverpool 0151 735 1441

The 10K road race is held in memory of Larry Hyland late chairman of Southport Waterloo A.C. For more information visit [www.sw-ac.co.uk](http://www.sw-ac.co.uk)

You can also enter online by visiting [natterjack.co.uk](http://natterjack.co.uk) or [runnersworld.co.uk](http://runnersworld.co.uk)

## ENTRY FORM FOR 2009 SEASIDE 10K AND CHARITY FUN RUN



Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Post code \_\_\_\_\_

Age on 18 Oct. 2009 \_\_\_\_\_ Minimum age 15 on race day for 10K (no age limits for fun run entries)

UKA Affiliated Club \_\_\_\_\_

Phone contact number \_\_\_\_\_

e-mail address \_\_\_\_\_

10K Affiliated £9.00  Male   
10K Unattached £11.00   
Fun Run (adult) £6.00  Female   
Fun Run (child) £3.00   
Entries On Race Day Extra Surcharge £1.00

Course Accuracy certificate no 07/025

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

Signed \_\_\_\_\_

Prizes to: Men, First 3 plus V40, V45, V50, V55, V60, V65.  
Ladies, First 3 plus V35, V40, V45, V50, V55, V60.  
(Mementos to all finishers)

Cheques/Postal orders payable to:-  
"Race Secretary" and send to:  
Ann Eggington  
c/o Natterjack Running Centre,  
159 Eastbank St, Southport,  
PR8 1EE. Closing date for entries  
October 12th 2009  
please enclose an A5 SAE