

*Sunday Oct 23 2005*

# Seaside10K

*Start Time 10.30 am*

Minimum age 15 on race day  
Registration at the Cycle Hut  
near the Park tennis courts



## Start & finish at VICTORIA PARK Southport

*In conjunction with Southport Waterloo A.C. Under UKA Laws, (permit applied for)*

This 10 kilometre road race is situated in Victoria Park, Southport, next to the famous pleasure beach. The race is held in memory of Larry Hyland late chairman of Southport Waterloo A.C. For more information about this local athletic club visit their site: [sw-ac.co.uk](http://sw-ac.co.uk)

*Prizes to:*

*Men First 6 plus V40, V45, V50, V55, V60, V65.  
Ladies First 4 plus V35, V40, V45, V50, V55, V60.  
First under 20 Male and Female  
Team Prize (4 to count) Male and Female  
(Mementos to all finishers)*



**Ronhill**



**Entry form for 2005  
Seaside 10K**

Name \_\_\_\_\_ *Affiliated* £7.00   
Address \_\_\_\_\_ *Unattached* £9.00   
\_\_\_\_\_ *Entries On Race Day*  
\_\_\_\_\_ *Extra Surcharge* £1.00

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

Male  Female

Age on 23 Oct. 2005 \_\_\_\_\_

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

Non Affiliated Team \_\_\_\_\_

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

N.O.E.A.A. Membership Number

**Cheques/Postal orders payable to:- Race Secretary with an A5 size SAE to:  
Ann Eggington c/o Natterjack Running Centre, 159 Eastbank St, Southport  
PR8 1EE. Closing date for entries October 14th 2005**

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 \_\_\_\_\_ Date \_\_\_\_\_



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**NATTERJACK RUNNING CENTRE 159 Eastbank St Southport 01704 546082 & 356 Smithdown Rd Liverpool 0151 735 1441**