

Kindly Sponsored By



**SOUTHPORT WATERLOO  
ATHLETIC CLUB**

## The SANDGROUNDER 10K, 5K & 3K RUNS

**MAY 27th 2013**

**5K RUN starts at 9.30**

**3K RUN (under 16's ONLY) starts at 10.30**

**Main 10K Run Starting at 11.15**

Start and Finish at

Victoria Park, Southport, PR8,2BZ (Sat Nav Co-ordinates)

FULL DIRECTIONS AND INFORMATION ON THE WEB SITE

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

## 2013 ENTRY FORM

Which Race are you entering ? 5K Run  3K RUN (under 16's)  10K Run  (Tick which apply)

**5K RUN** starts at 9.30am

**3K RUN** starts at 10.30 am

**10K RUN** starts at 11.15 am

3KM RUN- minimum age 16 years.

Organised under UKA Rules,

Licence No 2013-105642

### **Race Day Number collection**

up to 30 minutes before race starts

Changing & shower facilities.

10K, 5K & 3K Chip Timed results.

Medals & Memento to all 5K & 10K

finishers .....Medal to 3K Finishers.

**5K & 10K prizes M&F 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>**

**VET PRIZES:** Men V40 -V60,

Women V35-V55

3K Junior Boys & Girls 1,2,3,

**Race Limits: 3K - 100 runners,**

**10K & 5K - 250 each race**

**FOR ONLINE ENTRY, GO TO**

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

**CLOSING DATE FOR RACE ENTRIES**

**BY POST IS 24th MAY**

**ENTRIES ON THE DAY ARE**

**PERMITTED UP TO A MAXIMUM OF**

**250 per race. NO MORE ALLOWED**

(First Come / First Served BASIS)

**NOTE: 5K & 10K  
ON THE DAY ENTRY IS £17**

**ALL RACES ARE CHIP TIMED**

First Name	
Last Name	
Address	
Address #2	
Address #3	
Post Code	
Mobile Number	
Email	
(please print <u>CLEARLY</u> )	
Date Of Birth	DD / MM / YY
UKA Running Club	

Male  Female  Age on May 27th 2013 \_\_\_\_\_

Your School (3K only) \_\_\_\_\_

Cheques/Postal Orders payable to; **Southport Waterloo AC.**

Send Your Application & Cheque to : Race Director, Premier Wealth Mgt,  
Wight Moss Way, SOUTHPORT, PR8 4HQ.

### YOU WILL COLLECT YOUR RUNNING NUMBERS ETC ON THE DAY

I declare that I am an amateur by UKA laws, I am fit to run and do not hold the  
organiser responsible for any injury or loss, I have read & agree to the terms of entry

Signed \_\_\_\_\_

Date \_\_\_\_\_

CHEQUE ENCLOSED TO THE VALUE OF £ \_\_\_\_\_

Post to RACE DIRECTOR, Premier Wealth Management, Wight Moss Way,  
SOUTHPORT, PR8 4HQ to arrive no later than 24th May for advance postal entries

### ADVANCE ENTRY

**3K Fun Run £8** (child under 16)

**10K Run £14.75** (unaffiliated)

**£12.75** (affiliated)

**Main 5K Run £14.75** (unaffiliated)

**£12.75** (affiliated)

**5K & 10K together**

**£22.50** Affiliated, **£26.50** Unaffiliated

## TERMS OF ENTRYTERMS OF ENTRY

Maximum Number of Entrants - 250 (5K & 10K) We must have your mobile number and email address .... We will only use these for communications about the races, nothing else. Your mobile number will NOT be passed on to any other party. The race is traffic free and is marshalled..... It is run on multiple and possibly uneven surfaces, but mostly pavements.

**IPODS & MP3 Players.....**Under UKA rules the answer is "No" they are not allowed. But, We realise that a lot of runners use them and there is little we can do once you are out on the course. So, assuming you are not going to win one of the main categories **(because you would be disqualified under UKA rules)** If you do use an ipod/MP3 player it is on two STRICT conditions 1) The volume is at a level where you can still communicate and hear potential hazards or the marshal's voices 2) You take your ear phones out well in advance of any road crossings or coming into contact with traffic

## You are running at your own risk

**Water is available at the race finish. (& at the 5K point for 10K runners) Bring your own water if you need more.**

**If you have a medical condition or impairment that you wish to advise the race organisers of, then you must email the Race Director with the details, using the link on the homepage.**

**All runners are welcome, If you are a blind or visually impaired runner your guide can enter without charge (but no medal or memento for a non-paying guide), but please contact us directly to arrange for your guide to enter. (do not go through the online entry system for guide entry)**

**PLEASE NOTE we will not source or provide guides.**

**Data Protection: If you do not wish any details to be passed on to a third party, including other event related organisations such as the race photographer, then please let us know.**

**Refunds: The moment you enter our race we start to incur administration costs and banking charges, simply in processing your entry and payment. We also incur further charges in administering cancellations and processing refund payments.**

**No refund can be given if the race has to be cancelled or postponed due to circumstances outside our control, (for instance by order of the government due to foot and mouth) Your entry fee is invested in the cost of staging the event, and the main costs to contractors, suppliers, administration etc are already committed well before race day.**

Runners are required to give assistance to fallen runners, and to report any casualties immediately to the nearest first aid post or race marshal

Running in someone else's race number can have very serious consequences if the runner suffers a medical emergency - we have had cases where we have been unable to identify or contact families of runners who have suffered potentially life-threatening conditions whilst using someone else's race number. The accuracy of the race results is also affected when runners are placed in the wrong age and sex category.

**Prize winners are only allowed to receive one prize. E.g. If a veteran runner finishes amongst the first 6 prize winners in the Open Race then he / she will not be eligible for the award in the veteran category. The Race Director has the right to refuse entry without explanation. I understand that the final decision as to whether or not the race will go ahead on the day is that of the Race Referee only.**

### **DECLARATION:**

**I declare that I am an amateur by UKA laws and that I am fit to run. I do not hold the race organiser responsible for any injury or loss I accept that the acceptance of my entry is at the discretion of the race director.** An online entry will be considered as an acceptance of governing body rules and a declaration that you will compete on foot and run entirely at your own risk. N.B. No accompanying dogs cycles are allowed. No wheeled vehicles (pram's, buggies etc), following cycles, alcohol or tobacco allowed

Age Limits: I will be over the stated minimum age on race day.

**I declare that I am an amateur by UKA laws and that I am fit to run.**