



# **LINCOLN WELLINGTON AC 5K RACE SERIES 2023**

Incorporating the Memory Mile,  
3k & 1k Junior Series



RACE LICENCE applied for flat, fast, traffic free course  
(Course Certificate Number 15/221)

Yarborough Leisure Centre, Athletics Track, Riseholme Road, Lincoln LN1 3SP

**2023 Race Dates: 30 May / 27 June / 25 July / 22 August**

**1k and 3k races start at 6.30pm**

**Memory Mile starts at 7.00pm**

**5k race starts at 7.30pm**

**5k: 15 and over, u/17 u/20 Senior/Vet**

**Memory Mile: 9 and over**

**3k: 9 and over, u/13, u/15**

**1k: u/11**

**1k race £4.00**

**5k race (club athletes) £6.00**

**5k race (un-aff. athletes) £8.00**

**3k race £5.00**

**Memory Mile £5.00**

**1k Series £12.00**

**5k Series (club athletes) £18.00**

**5k Series (un-aff. athletes) £24.00**

**3k Series £15.00**

**Memory Mile Series £15.00**

**5K Series Winner - 1st Male & Female £100.00,**

★ **5K Series 2nd Male & Female £50.00, 3rd Male & Female £25.00** ★

**Each Vets age category winner 40/50/60 - 1st Male & Female £40.00**

**Memory Mile Series Winner - 1st Male & Female £60.00**

**3k Series - individual medals for 1st/2nd/3rd series placings Male and Female**

**(Prizes: To win a prize you must complete at least 3 of the 4 races)**

**1k and 3k - medals to all participants for each race completed.**

**Thank you to Lincs Van Hire ([www.lincsvanhire.co.uk](http://www.lincsvanhire.co.uk))  
for their support of the Lincoln Wellington AC 5K Race Series**

**\*£1.00 donation from each Memory Mile entry fee will go the Alzheimers Society\***

In aid of





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NAME.....

EMAIL.....

PHONE NO.....

CLUB ..... MALE / FEMALE

DATE OF BIRTH .....AGE ON 31 MAY 2023.....

## **AGE GROUPS BASED ON AGE ON DATE OF FIRST RACE IN SERIES**

**(PLEASE NOTE; Male/Female Veteran age groups are 40-49 / 50-59 / 60 onwards)**

**EVENT: \* Please circle as appropriate to you.**

**1k\***

**Under 11\***

**3k\***

**9 and over u/13\* u/15 \***

**Memory Mile\***

**9 and over**

**5k\***

**15 and over\* u/17\* u/20\* Senior\* Vet\***

**RACE PAYMENT\*:**

**Whole Series\* / 30 May\* / 27 June\* / 25 July\* / 22 August\***

**REGISTRATION AND PAYMENT on first race or individual race days.**

**RACE NUMBERS ARE TO BE COLLECTED FROM RACE HQ (Sports Hub) PRIOR TO THE START**

**DISCLAIMER: I agree to abide by the rules of UK Athletics and the event. I understand that I enter the race at my own risk and that no person(s) or organisations will be held responsible for any accident, injury or loss to myself prior to, during, or after the event. I understand the organisers reserve the right to alter arrangements and conditions should circumstances require.**

**Please note: If under 18 years of age, a parent/guardian's signature is required.**

Signature.....Date.....

