

THE BROOKS GOOD FRIDAY ROAD RACES

I'm sending you details of events that I am promoting on behalf of Southport Waterloo AC on Good Friday (April 2nd) this year.

If you could make any of your club members aware of these events I would be most grateful.

I have included some further details regarding the events.

We have a long tradition of putting on a Good Friday road race in Southport's Victoria Park and this will be the 25th edition of the race. This year 2010 the race is on April 2nd its usual Easter Friday date. The races are again run in and around Victoria Park, home of the world famous Southport Flower Show, and is situated close to Southport's Pleasureland and the Park and Ride. **This year's event is again sponsored by Brooks running equipment** who are enabling the provision of a prize list in excess of £600 equally divided between the mens & ladies races.

ENTRIES RECEIVED BEFORE 10th MARCH 2010 WILL RECEIVE A BROOKS PODIUM T-SHIRT.

The start and finish is inside the park which provides good vantage points for spectators, family and friends who are able see the runners several times. The races are open to runners of all abilities and computerised results are usually available on the day. Since 2002, we have adopted the format of two races of 4 miles, one for men and one for women, and a 3K fun run designed for families & the under 16s. This has proved popular, with numbers increasing in all the races.

4 Mile course records are:

Men	<i>Paul Freary (Belgrave)</i>	<i>19 mins 13 secs</i>	<i>2002</i>	4 Mile course map 3K Fun Run course map
Women	<i>Pauline Powell (Blackburn)</i>	<i>21 mins 40 secs</i>	<i>2005</i>	

Further information is available from the Race Director [Rob Clark](#) (0151 293 0658 or 07917 184819).

3k Fun Run.10am. (minimum age 9 unless accompanied by a responsible person).and their elders.

4 mile Ladies. 10-30. Minimum Age 15yrs

4 mile Mens. 11-15. Minimum Age 15yrs

Additional copies of the entry form can be found via links from the events sections on the websites below.

www.ukresults.net - On line entries are available through their site.

Also the clubs own website www.southportwaterlooac.co.uk where there is a downloadable/printable entry form.