

Keep on Ticking

17th Annual Family Fun Run

SUNDAY 28nd June, 2009

Start 11am - Rear Midland Hotel, Morecambe

A flat, fast course along Morecambe Promenade - approximately 5km

DISABLED ATHLETES WELCOME

INDIVIDUAL ENTRY

£2.50 per entry
50p extra on the day

FAMILY ENTRY AND CORPORATE CHALLENGE

Entries are welcome
from teams of four
Entry Fee £7 per team



SCHOOLS CHALLENGE

Staff - Pupil Challenge
'Beat the Teacher!'
1st, 2nd and 3rd Prizes

Entry Fee:
£15 up to 20 runners
£25 up to 30 runners

Medals and Certificates to all finishers

(Photocopies permitted)

ENTRY FORM

Entries to: Steve Perry, 10 Parkfield Drive, Lancaster, LA1 4BU (Please make cheques payable to Lancaster & Morecambe Athletic Club.)

Name: Telephone No:

Address:

Sex: Age (on day of race): Wheelchair Entrant:

Athletic Club / School

FAMILY ENTRY
TEAM ENTRY

(Please tick). PLEASE NOTE: Every family/team entrant must fill in a form. The forms should then be stapled together and posted to the address above. Please include S.A.E. for numbers etc.

Have you ever participated in the Keep on Ticking 5km run before? NO YES No. of times

I confirm that I have no medical condition or disabilities that would endanger myself or others taking part and that I will not participate on the day if not fit. I understand that the organisers are not liable for any loss, damage or injury HOWSOEVER caused before, during, after or as a result of my entering the race.

Signed:

Date:

Race Number:
(for official use only)

