

LANCASTER 10K ROAD RAC

Organised by



Sponsored by



WEDNESDAY 12 JULY 2017

7.30pm Start

Race starts from Clubhouse at Salt Ayre Sports Centre, Lancaster LA1 5JS

Entry Fee: Attached £10; Unattached £12; Entry on the day £2 extra

The route is on cycle paths and quiet country roads. Runners of all abilities will enjoy this race.

UK Athletics Rules – Medal and refreshments to all finishers.

Prizes for the first 3 Men and first 3 Women. - Prizes for each Veteran category

Bonus prizes of £50 for breaking course record –Women 37.39 Men 31.19

Under UK Athletics Rules, the wearing of headphones is not permitted in this race

ENTER ONLINE: www.bookitzone.com

Postal entries to: Steve Perry, 10 Parkfield Drive, Lancaster, LA1 4BU

Cheques made payable to: Lancaster and Morecambe AC

Please enclose S.A.E. 9"x6" for number and information.

Postal closing date for entries - 1 week before race date



SORRY NO REFUNDS

ENTRY FORM ** Lancaster 10K 2016**		Leave Blank
First Name:		
Surname:	I declare that I am an amateur as defined by UK Athletics rules. I certify that I am fit to run and understand that the organisers will in no way be held responsible for any injury or illness to myself or for the loss or damage to my property during the event. Signed..... Date.....	
Address including postcode:		
Telephone:		
Where did you find out about this race?		
Club:		
Male / Female (delete as applicable):	Age:	Date of Birth: