

Lancaster & Morecambe AC Presents:

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



# Festive 4k Funrun

## 20<sup>th</sup> Anniversary Race

Friday 27<sup>th</sup> December

**Start & Finish: Lancaster & Morecambe AC Clubhouse, Salt Ayre Leisure Centre, Lancaster, LA1 5JS – 11AM Start**

- ✓ Flat, traffic free course
- ✓ Medals to all finishers
- ✓ Presentation & spot prizes
- ✓ Toilets & Changing

- \* Entry Fee: £4
- \* Entries on the day: £7

Open to all ages and abilities – families very welcome

Send entries to: Steve Perry, 10 Parkfield Drive, Lancaster LA1 4BU  
Tel: 07762 795605. **Cheques payable to Lancaster & Morecambe AC.**  
Please enclose a SAE with correct postage. If no SAE, you can collect number on the day. **Closing date: 20<sup>th</sup> December 2019**

Spot prize sponsors last year included Aldi; Asda; Barton Grange; Blacks fish 'n chips, Halton; D C Wilson garage; D W Sports; Gymophobics; Lancaster University Sports Centre; Morrisons; Robert Gordon James hairdresser; Runners Centre; Salt Ayre Leisure Centre & Sainsbury's



Name ..... Male / Female (Delete)

Address & Postcode .....

Tel: ..... Email .....

Date of birth ..... Age on Day .....

Club .....

Please enter me for the above run. I declare I am an Amateur as defined by UKA & agree to abide by their rules. I take part at my own risk and will not hold the organisers responsible for any injury, sickness or loss as a result of my taking part. I agree to the organisers having the right to alter or amend any of the above information. You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category

Signed ..... Date .....