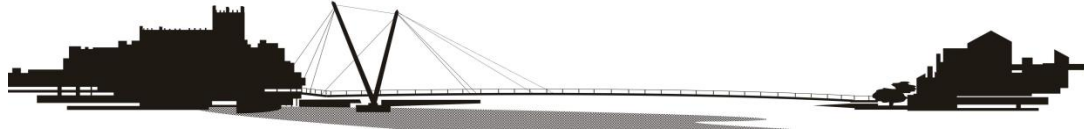


THREE BRIDGES 10K ROAD RACE

Sunday 19th September - 11.00am



Organised by Lancaster & Morecambe Athletic Club



Start at Lancaster & Morecambe AC clubhouse, Salt Ayre Leisure Centre, Lancaster LA1 5JS

HIGH QUALITY RACE - STILL LOW ENTRY FEES

UKA affiliated - £11 Unaffiliated - £13 Entry on the day £3 extra

ENTER ON
https://bookitzone.com/stephen_perry_2/H8jFFX

Flat, scenic course suitable for runners of all abilities

Handsome medals to all finishers.

Prizes for first 3 women and men and for each veteran category

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

Cheques payable to Lancaster & Morecambe AC. Please enclose 9" x 6" envelope for number or collect on the day. ***Postal entries closing date - 12th September 2021***

First Name		Surname	
Address (incl postcode)			
Email		Mobile number	
Club			
Male/Female	Date of Birth		Age on race day.
I declare that I am an amateur as defined by UK Athletics rules. I certify 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	