

LANCASTER THREE BRIDGES 10 K

Sunday 12th April 2015

Starts: 11:00 am

**Organised by Lancaster & Morecambe AC
Lancaster & Morecambe AC Clubhouse,
Salt Ayre Leisure Centre, Lancaster, LA1 5JS**

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

UK Athletics Rules ★ Memento to all finishers

Prizes for first 3 men & first 3 women & for each veteran category.
£50 bonus prize for course record – currently 33.43 male; 38.33 female
Flat, fast and scenic route. Certified Accurate.

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

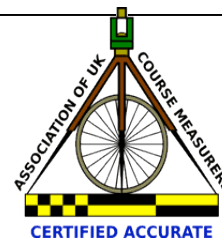
Cheques payable to: **Lancaster & Morecambe AC**

Please Enclose S.A.E 9"x 6" for number and information

Postal closing date for entries - 1 week before race date

Or – Enter online at www.ukresults.net

Sorry no refunds



ENTRY FORM ** Lancaster 3 Bridges 10k 2015**	
First Name: Surname:	<div style="border: 1px solid black; padding: 5px; text-align: center;">OFFICE USE ONLY</div> <p>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.</p> <p>Signed.....</p> <p>Date.....</p>
Address including postcode:	
Tel:	
Where did you find out about this race?	
Club:	
Male / Female (delete as applicable) Age: D.O.B:	