

Elswick

Express 10m

Saturday 21st July 2018
Start 10.30am

This is an accurately measured course that takes in the beautiful lanes of Elswick, Inskip and Gt.Eccleston.

Medals to all finishers +a bag of summer fruit and Ice cream from Bonds of Elswick .

Refreshments will be provided at a small charge.

Registration is at Elswick Village hall Roseacre Rd Elswick PR4 3UD

Registration will close at 10:15am

Entry Fee: £12.00 attached £14 unattached + Extra £2.00 on the day
Entry limit 300 Please make cheques payable to: "Alan Taylor"
Send C5 S.A.E to: Alan Taylor 8 Mickleden Ave, Fulwood, Preston PR2 9TA

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Name _____

Address _____

_____ Postcode _____

Male/Female _____ D.O.B _____ Age on day _____ Tele: _____

Club _____

Disclaimer: The organisers take no responsibility for any loss, damage or injury to any athlete during the run. You enter at your own risk and must be aware at all times that the roads are open to all traffic and must take directions from the marshals and must **NOT** cut corners.

Signed _____ Date _____