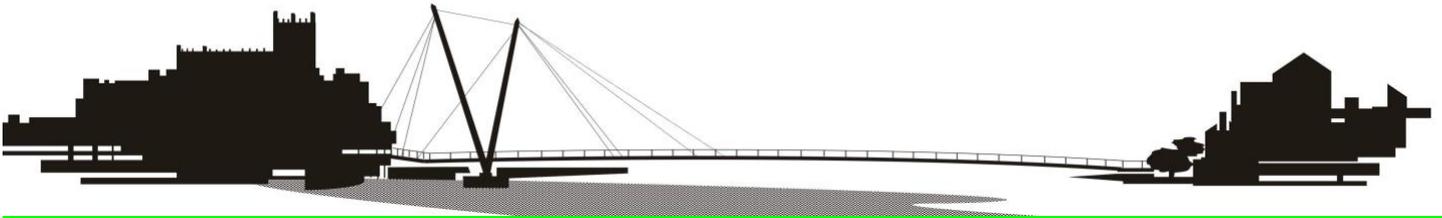


THREE BRIDGES 10K ROAD RACE

SUNDAY 15th APRIL 2018
11am start



!!! CHANGE TO START OF RACE!!!

NOW Lancaster Cricket Club, Lune Rd, Lancaster LA1 5QU



REDUCED ENTRY FEES THIS YEAR -

UKA affiliated - £9; Unaffiliated - £11; Entry on day £2 extra

ENTER ONLINE: BOOKITZONE.COM

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.

SORRY NO REFUNDS

Organised by Lancaster & Morecambe Athletic Club