

SWEATSHOP 10

10 Mile Road Race

SUNDAY 18th MARCH 2018

Start 11.00 Hrs

- ON LINE ENTRIES:** https://bookitzone.com/dave_waywell_1/Mb2FFX
- ENTRY FEES:** **£10 with £2 discount for members of UKA affiliated clubs** - Chqs payable to "Lancs Fire AC"
ENTRIES ON DAY (unless limit of 300 is reached) £2 Extra on the day.
Postal Closing date: 12 March. Enclose SAE. Please use correct stamps on all envelopes.
PLEASE SEND YOUR ENTRIES TO: DAVE WAYWELL 114 ASHFIELD RD BLACKPOOL FY2 0EN
- MINIMUM AGE:** 17 and over on the day of the race
- COURSE:** Officially measured (Certificate Number: 14/293) – Two Laps - Flat
- RACE HQ/VENUE:** **Bispham Fire Station, Red Bank Road, BLACKPOOL, FY2 9EA**
 Limited shower & toilet facilities, other facilities nearby.
- REFRESHMENTS:** Hot food, tea or coffee with all proceeds to Motor Neurone Disease Association
- NUMBERS:** Online entries, collect on the day at Bispham Fire Station, FY2 9EA from 9.00am to 10.45am
- OPEN RACE PRIZES:** **Individual:** 1st, 2nd and 3rd Male and Female in Senior, Junior & Vets Categories up to 85
Teams: 1st & 2nd Male (4 to count) / Female (3 to count)
Goody bag: Collect at race HQ before the race on production of your number.
- FURTHER ENQUIRES:** **Dave Waywell (01253) 932715 or 07762 283626 – e-mail: waywell.dave@hotmail.co.uk**

Name M/F Age on Day

Address..... Town Post Code

Tel No: Club/UA EA No.

FIRE: Yes / No

NMAC: (NMAC no)

DECLARATION:- Please enter me for the above race. I accept that the organisers shall not be liable for any injury or illness to my person as a result of taking part, nor for any loss of property. I am medically fit and I am an amateur, as defined by UK:athletics rules.

Signed

Date

For Official Use