



WESHAM ROAD RUNNERS



www.weshamroadrunners.co.uk

Presents:

RUN THE LANES

10 Mile Road Race

Sunday 08th June 2014

Start time: 11.00hrs prompt

Race HQ = the Bowling Hut and Car Parking for Race Start: BNFL Club Salwick, PR4 ORN. Please do NOT use Smiths Arms car park and toilet – toilets are available at the BNFL car park.

Race over a rural, undulating course on quiet country lanes. Well-marshalled event, held under UKA Rules (License Number applied for). St John's Ambulance in attendance and water station on course.

Prizes: First 3 Men and 3 Women; Vet prizes in all categories. First Teams of 4 Men and 4 Women - 1 Prize per person except Team prizes.

Entry Fees: £10:00 (attached) £12.00 (unattached). Quality medal to all finishers. Entries on day = fee +£2 *NO iPods etc – disqualification WILL occur if any runner is seen wearing such equipment.

Online entry: www.ukforms.net / www.bookitzone.com – collect numbers on the day from Race HQ.

Send postal entries and STAMPED, ADDRESSED ENVELOPE (9" X 6") with correct postage for receiving number and info to:

The Entries Secretary, 62 Carlisle House, St Austin's Road, Avenham, Preston, PR1 3XL

Contact tel 07533 316774 after 17.00hrs

Cheques and P.O. payable to: WESHAM ROAD RUNNERS.

POSTAL CLOSING DATE Friday 30th May 2014 or sooner if limit is reached.

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<u>SURNAME:</u>	<u>AGE ON RACE DAY:</u>	<u>DoB:</u>
<u>FIRST NAME(S):</u>	<u>ADDRESS:</u>	
<u>MALE/FEMALE:</u>	<u>TELEPHONE NUMBER:</u>	<u>EMAIL:</u>
<u>UKA REG NO:</u>	<u>UKA CLUB:</u>	
<u>DATE:</u>	Office use Number	UK RESULTS
SIGNATURE:		
*Please enter me for the above race. By signing this, I accept that the organisers shall not be liable for any loss of property, injury/ illness to my person as a result of taking part. I am medically fit and am an amateur competitor as defined by UKA.		