



Riverside 10 mile

Sunday 4th August 2019

Race starts at 11am
George & Dragon Public House,
Lancaster,
Lancashire, LA1 1RB

- £17 attached,
- £20 unattached
- Entries on the day £2 extra

All races under UK Athletics rules.

Medal to all finishers.
Prizes: First 3 Men, First 3 Women,
First Vet in each category,
First team, male & female.



SORRY NO REFUNDS
see our website for 'Cancellation Policy'

- Generous donations to at least one of the following charities:
- Lions Club
 - Run For The World
 - Lancaster & Morecambe AC
 - Galloway's Society for the Blind

Entries: Online: www.lancaster-race-series.co.uk, & www.bookitzone.com
Postal: complete the form & send to: W. Gardner, 58 Sibsey Street,
Lancaster LA1 5DF. Enclose an SAE (C5) and a cheque made payable to
Lancaster Races Ltd.

RIVERSIDE 10 MILE	TICK HERE	OFFICE USE ONLY
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Surname _____ First Name _____

Address _____

Age on Day _____ Date of Birth _____ Gender: M F _____ Postcode _____

Email _____ Telephone _____

UKA number _____ UKA Affiliated Club _____

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 organisation will in no way be held responsible for any injury to myself or for the loss or damage to my property during the event.

Signed _____ Date _____