



Helping local families
Since 1983

Charity 5k Fun Run Sunday 28th April 2019

All Profits go to



with a donation to



Entry £26 (£30 on the day)
Big Goody Bag to all finishers *
BIG medal, food & drink

SORRY NO REFUNDS or SWAPS
see our website for 'Cancellation Policy'

*no guarantee of goody bag to entries on the day

Race starts at 11am

Venue:
Brew me sunshine
12 Victoria Street
Morecambe LA4 4AE



All races under
UK Athletics rules.

Postal entries: complete the form and
send to: W. Gardner, 58 Sibsey Street,
Lancaster LA1 5DF. Enclose an SAE (C5)
and a cheque made payable to
Lancaster Races Ltd.

Enter Online at
www.lancaster-race-series.co.uk
www.bookitzone.co.uk

| | | |
|------------|-----------|-----------------|
| 5k FUN RUN | TICK HERE | OFFICE USE ONLY |
|------------|-----------|-----------------|

Surname _____ First Name _____

Address _____

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

Email _____ Telephone _____

UKA number: _____ 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 _____



www.lancaster-race-series.co.uk