



War of the Roses 5k
April 27th 2019
4pm

Bay Gateway 10k
April 27th 2019
5pm

5k entry fee:

- £6 attached
- £8 unattached

10k entry fee:

- £13 attached
- £15 unattached

Entries on the day £2 extra

Prizes: First 3 Men, First 3 Women

Entries on the day £2 extra

Medal to all finishers.

Prizes: First 3 Men, First 3 Women,
 First Vet in each category,

Venue:

**3-1-5 Health Club,
 Caton Road,
 Lancaster,
 LA1 3PE**



All races under
 UK Athletics rules.



www.lancaster-race-series.co.uk

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

**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**

War of the Roses 5k	TICK HERE	Bay Gateway 10k	TICK HERE
OFFICE USE ONLY		OFFICE USE ONLY	

Surname _____ First Name _____

Address _____

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

Email _____ Telephone _____

UKA Number _____ Affiliated Club/ University _____

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 _____