



3-1-5 Lancaster Half Marathon & 5k Fun Run Sunday 1st December 2019

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

Main Race starts at 11am

- £24 attached
- £27 unattached
- Entries on the day £2 extra



5k Fun Run starts at 11 am

MEDAL TO ALL FINISHERS

- £7 attached
- £8 unattached
- Entries on the day £2 extra

All races under UK Athletics rules.

Medal and t-shirt* to all finishers in 10k
 Prizes: First 3 Men, First 3 Women,
 First Vet in each category,
 First team - Male & Female - first 3 finishers to count

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

SORRY NO REFUNDS
see our website for 'Cancellation Policy'

**Entries: Online: www.lancaster-race-series.co.uk or www.bookitzone.co.uk
 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.**

3-1-5 Half Marathon	OFFICE USE ONLY	3-1-5 5k Fun Run	OFFICE USE ONLY
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Surname _____ First Name _____

Address _____

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

Email _____ Telephone _____

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 _____