



3-1-5 Health Clubs

5k & 10k Winter Series

November 2018 - March 2019

One Saturday each Month at 11am

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

5k entry fee:
 • £6 attached
 • £8 unattached
 Beer & crisps to all finishers.*
 Prizes: First 3 Men, First 3 Women
 * under 18s no beer!

10k entry fee:
 • £13 attached
 • £15 unattached
 Medal to all finishers.
 Prizes: First 3 Men, First 3 Women,
 First Vet in each category,
 First team, male & female.

All races under
 UK Athletics rules.

Entries on the day £2 extra
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

5k race 1 November 24th	TICK HERE	OFFICE USE ONLY	10k race 1 November 24th	TICK HERE	OFFICE USE ONLY
5k race 2 December 15th	TICK HERE	OFFICE USE ONLY	10k race 2 December 15th	TICK HERE	OFFICE USE ONLY
5k race 3 January 12th	TICK HERE	OFFICE USE ONLY	10k race 3 January 12th	TICK HERE	OFFICE USE ONLY
5k race 4 February 2nd	TICK HERE	OFFICE USE ONLY	10k race 4 February 2nd	TICK HERE	OFFICE USE ONLY
5k race 5 March 2nd	TICK HERE	OFFICE USE ONLY	10k race 5 March 2nd	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 _____