



3-1-5 Health Clubs

5k & 10k Summer Races

June 30th 2019 at 6pm

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

5k entry fee:
 • £7 attached,
 • £8 unattached

Entries on the day £2 extra
Prizes: First 3 Men, First 3 Women
Medal to all finishers.
Spot prizes!

10k entry fee:
 • £14 attached
 • £17 unattached

Entries on the day £2 extra
Bespoke medal to all finishers.
Prizes: First 3 men, First 3 women,
First vet in each category,
First Team, men and women.



SORRY NO REFUNDS OR SWAPS
 see our website for 'Cancellation Policy'
 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 June 30th	10k June 30th
TICK HERE	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 _____

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 _____