



Summer 5k

Part of National Fitness Day

June 30th 2019 at 11am

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

**5k entry fee:
£6 attached,
£8 unattached**



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

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**

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 _____