



Mother's Day

10 k run

Saturday 30th March 2019

- £13 attached
 - £15 unattached
- Entries on the day £2 extra

SORRY NO REFUNDS
see our website for 'Cancellation Policy'

Race starts at 11am
George & Dragon Public House,
Lancaster,
Lancashire, LA1 1RB

All races under UK Athletics rules.

Medal to all finishers.
Prizes: First 3 Men, First 3 Women,
First Vet in each category,



Entries: Online: www.lancaster-race-series.co.uk, & www.bookitzone.com
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.

MOTHER'S DAY 10K

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 _____