



# 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](http://www.lancaster-race-series.co.uk), & [www.bookitzone.com](http://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 \_\_\_\_\_