

present



# The Lancaster Castle Hangman's Noose 10k

May 26th 2019



Lancaster Castle, Castle Parade,  
Lancaster LA1 1YJ

Race starts at 11 am  
10k: attached £13, unattached £15  
Entries on the day £2 extra

**SORRY NO REFUNDS or SWAPS**  
see our website for 'cancellation policy'

Medal and snacks to all finishers,

Generous donations to at least one of the following charities:

- Lions Club
- Run For The World
- Lancaster & Morecambe AC
- Galloway's Society for the Blind



All races under UK Athletics Rules.  
Prizes for each event dependant on entry

**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](http://www.lancaster-race-series.co.uk)**  
**[www.bookitzone.co.uk](http://www.bookitzone.co.uk)**

Hangman's Noose 10k	TICK HERE
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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 \_\_\_\_\_