

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
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 _____