



3-1-5 Health Clubs

5k & 10k Summer Series

May - September 2018

One Saturday each Month at 6.00pm

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



5k entry fee:
 • £6 attached,
 • £7 unattached

Entries on the day £1 extra
 Beer & crisps to all finishers.*
 Prizes: First 3 Men, First 3 Women
 * under 18s no beer!

10k entry fee:
 • £13 attached
 • £15 unattached

Entries on the day £2 extra
 Medal to all finishers.
 Prizes: First 3 Men, First 3 Women,
 First Vet in each category,
 First team. male & female.

All races under
 UK Athletics rules.

SORRY NO REFUNDS or SWAPS see our website for 'Cancellation Policy'

**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**

5k race 1 May 19th	TICK HERE	OFFICE USE ONLY	10k race 1 May 19th	TICK HERE	OFFICE USE ONLY
5k race 2 June 16th	TICK HERE	OFFICE USE ONLY	10k race 2 June 16th	TICK HERE	OFFICE USE ONLY
5k race 3 July 28th	TICK HERE	OFFICE USE ONLY	See our website for information about		
5k race 4 August 25th	TICK HERE	OFFICE USE ONLY	July & August 10k races		
5k race 5 September 29th	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 _____