



Mother's Day

10 k run

& Fun Run for the kids

Saturday 10th March 2018

- £12 attached,
 - £14 unattached
- Entries on the day £2 extra

SORRY NO REFUNDS
see our website for 'Cancellation Policy'

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

Fun Run starts at 11.05 am
• £4 per entry

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	FUN RUN	TICK HERE	OFFICE USE ONLY
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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 _____