



# The Golden Ball

## 20 Mile Road Race

### Sunday 2nd September 2018

The Golden Ball 20 aims to be a friendly race organised by runners who are dedicated to delivering a superb event for every type of runner as well as supporting local charities. It is an ideal race before your chosen Marathon.

#### Races start at 11am

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

All races under UK Athletics rules.

Awards to all finishers.

Prizes: First 3 Men, First 3 Women,  
First Vet in each category,  
First team, male & female.

Fun Run starts at 11.05 am £4 per entry



- £24 attached,
  - £26 unattached
- Entries on the day £2 extra

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

Generous donations to at least one of the following charities:

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

**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.**

<b>Golden Ball 20 mile</b>	TICK HERE	OFFICE USE ONLY	<b>Golden Ball Fun Run</b>	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 \_\_\_\_\_