



3-1-5 Lancaster Half Marathon & 5k Fun Run Sunday 3rd December 2017

The 3-1-5 Half Marathon includes a 5km fun run. To new runners, and those considering running with us for the first time, we promise a warm welcome and a race with fantastic support. You'll be greeted with some breathtaking views of the Lune and Lancaster countryside, but we recommend some serious training and we look forward to seeing you cross the finish line!

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

Main Race starts at 11am

- £20 attached,
- £22 unattached
- Entries on the day £2 extra

SORRY NO REFUNDS

see our website for 'Cancellation Policy'

All races under UK Athletics rules.

Medal and t-shirt* to all finishers.

Prizes: First 3 Men, First 3 Women,
First Vet in each category,
First team - Male & Female - first 3 finishers to count



5k Fun Run starts at 11.15

MEDAL TO ALL FINISHERS

- £4 attached
- £5 unattached
- Entries on the day £2 extra

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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, www.ukroadraces.info or www.bookitzone.co.uk
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.

3-1-5 Half Marathon	OFFICE USE ONLY	3-1-5 5k Fun Run	OFFICE USE ONLY
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Surname _____ First Name _____

Address _____

Age on Day _____ Date of Birth _____ Gender: M _____ F _____ Postcode _____

Email _____ Telephone _____

UKA 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 _____