



TRIMPELL 20

The pre-London Road Race

Sunday 17th March 2019

90% traffic-free through the historic City of Lancaster and the stunning Lancashire Lune Valley countryside, the Trimpell 20 aims to be a friendly race organised by runners who are dedicated to delivering a superb event for every type of runner. It is an ideal race before your chosen Marathon.

Race starts at 11am
3-1-5 Health Club,
Caton Road,
Lancaster, LA1 3PE



20 Mile Road Race
• £24 attached
• £26 unattached
Entries on the day £2 extra
SORRY NO REFUNDS or SWAPS
see our website for 'Cancellation Policy'

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.



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

**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.**

TRIMPELL 20	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 _____



www.lancaster-race-series.co.uk