

# LANCASTER THREE BRIDGES 10KM

Organised by Lancaster & Morecambe AC  
**SUNDAY 6<sup>TH</sup> APRIL 2008**  
**11:00 am**

**STARTS: Lancaster & Morecambe AC Club House,  
 Salt Ayre Leisure Centre, Lancaster**

Entry fee:  
 Attached £6  
 Unattached £8  
 £1 extra on the day



- Flat, fast and scenic route
- UK Athletics Rules
- Memento to all finishers
- Prizes for first 6 men & first 6 women
- Prizes for each veteran category

Entries to: Steve Perry, 10 Parkfield Drive, Lancaster, LA1 4BU  
 Cheques payable to: **Lancaster & Morecambe AC** –  
 Please Enclose S.A.E 9”x 6” for number and information  
 Postal closing date for entries- 30<sup>th</sup> March 2008

<b>ENTRY FORM ** Lancaster Three Bridges 10km **</b>		Leave Blank
First Name:	Surname:	<input type="text"/>
Address:		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 organisers will in no way be held responsible for any injury or illness to myself or for the loss or damage to my property during the event.  Signed.....  Date.....
Postcode:		
Tel:		
Club:		
Male	Female (delete as applicable)	
		D.O.B: