

LANCASTER 10KM

Sponsored by

PETE BLAND SPORTS

Organised by Lancaster & Morecambe AC
STARTS FARM HOUSE TAVERN, LANCASTER

WEDNESDAY 23RD JULY 2008

7:30 pm

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



- UK Athletics Rules
- Medal and refreshments to all finishers
- Prizes for first 6 men & first 6 women
- Prizes for each veteran category
- Incorporating police championships

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- 16th July 2008

ENTRY FORM ** Lancaster 10km **		Leave Blank	Police championships (Please tick)
First Name:	Surname:	<input type="checkbox"/>	<input type="checkbox"/>
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) Age:		