

Green Drive Five

INCORPORATING THE *LANCASHIRE A.A. 5 MILE CHAMPIONSHIPS

11 a.m., Sunday 19th October, 2008

OPEN TO ALL OVER 15 ON RACE DAY : Under UKA Rules : UKA Licence 10183 : Course Accuracy Cert. 03/049

Supported by Booths : Tony Bolton Sports : Jackson the Jeweller

The Runners Centre, Lancaster : Sweatshop, Wrea Green : 1st Coastal Tyres

Accurately-measured 5 miles flat, mainly traffic-free, rural course starting in Green Drive then along footpaths, cycle track and country lanes. The course is unsuitable for wheelchairs.

REGISTRATION, CHANGING, TOILETS, REFRESHMENTS, RESULTS & PRIZE GIVING AT LYTHAM C.E. PRIMARY SCHOOL, PARK VIEW RD., FY8 4HA. FREE PARKING AT ST. BEDE'S HIGH SCHOOL, TALBOT RD., CLOSE TO RACE H.Q. AND START.



Refreshments
by the PTA

PRIZES TO FIRST EIGHT MEN & FIRST FIVE WOMEN

Plus 1st & 2nd M40, 45 & 50. 1st M55, 60, 65, O70

1st W35, 40, 45, 50, 55, 60, O65

Only one prize per runner except teams.

TEAM PERPETUAL CHALLENGE TROPHIES

MEN: James Brearley Shield (three to count)

WOMEN: Edwin Booth Shield (three to count)



Souvenir coloured t-shirt
for every finisher

**LANCASHIRE CHAMPIONSHIPS open only to runners BORN IN or having NINE MONTHS CONTINUOUS RESIDENCY in the NEW COUNTY OF LANCASHIRE immediately prior to race day and who are ATTACHED TO A UKA AFFILIATED CLUB. Medals awarded to FIRST THREE men and women overall and FIRST in age categories from M40 to M70 and F35 to F65. Gold medals to FIRST men's and women's teams (three to count).*

ENTRY FEES: Attached £7; Attached inc. Lancashire Championships £7.50; Unattached £9. All £1 extra on the day.

Entries and enquiries to: Angela Ashworth, GD5, 15 Laverton Road, St. Anne's FY8 1EW

Tel. 01253 640746 e-mail tax.solutions@tiscali.co.uk

NEW THIS YEAR! ENTER ONLINE AT www.ukresults.net

LOOKING FOR A RUNNING CLUB?

SEE WHAT LYTHAM ST. ANNE'S ROAD RUNNERS CAN OFFER AT www.lythamrunners.org.uk



Green Drive Five 2008 Entry Form

FORENAME _____ SURNAME _____ E.A. Licence _____

CLUB _____ M/F _____ DATE OF BIRTH ___/___/___ AGE ON RACE DAY _____

ADDRESS _____

POST CODE _____ TEL. _____ E-MAIL _____

FEE ENCLOSED (tick box): Attached £7 *L.A.A. Champs. £7.50 Unattached £9

Please make cheques payable to LYTHAM ST. ANNE'S ROAD RUNNERS and enclose C5 (9" x 6") stamped addressed envelope for number and race information. Please use correct postage. POSTAL ENTRIES CLOSE 11TH OCTOBER.

I declare that I am an amateur as defined under UK Athletics Rules and certify I am fit to run and will not hold the organisers responsible for any injury to me or loss or damage to my property in relation to this event.

*Lancashire Championship entrants must meet the eligibility conditions shown above.

Ukresults.net

Signature _____ Date ___/___/___ Office use _____

(Parent or guardian if under 10)