



Wrea Green

(Under UKA Rules: Permit No: Applied for)



LANCS. FIRE A.C & WESHAM ROAD RUNNERS

19th ULTRAFIT ST ANNES 10 MILE

SUNDAY 21 MARCH 2010

START 11.00 Hrs

ON LINE ENTRIES: www.ukresults.net

ENTRY FEES: **£9 with £2 discount for members of UKA affiliated clubs** : Cheques payable to “Lancs Fire A.C”

ENTRIES ON DAY (unless limit of 400 is reached) **£2 Extra on the day.**

Closing date: **14th March.** Enclose SAE. Please use correct stamps on all envelopes.

PLEASE SEND YOUR ENTRIES TO: DAVE WAYWELL 114 ASHFIELD RD BLACKPOOL FY2 0EN

MINIMUM AGE: 15 and over on the day of the race COURSE: Officially measured 10 miles flat - one lap

RACE HQ: At St. Annes Fire Station, St. Andrews Road North, St. Annes.FY8 2JQ
Limited shower and toilet facilities, other facilities nearby.

REFRESHMENTS: Hot food, tea or coffee with all proceeds to **Ormerod Home Trust Charity Appeal**

NUMBERS: Online entries, collect on the day at St. Annes Fire Station: 9.00 to 10.45 hours

PRIZES: **Individual:** M/F + Jnrs. & Vets. Cats. **Teams:** Male (4) / Female (3)
Goody bag: collect at race HQ before the race on production of your number.

FURTHER ENQUIRES: **Dave Waywell (01253) 357637 or 07762 283626**

Name Tel No: M/F

Address D.O.B. Age on Day

.....Post Code..... Club/U/A.....E.A No.

Email

FIRE: Yes / No **CL Grand Prix: Yes / No** **NVAC: (NVAC no)**

DECLARATION:- Please enter me for the above race. I accept that the organisers shall not be liable for any injury or illness to my person as a result of taking part, nor for any loss of property. I am medically fit and I am an amateur, as defined by UK:athletics rules.

ukresults.net

Signed Date

For Official Use