



Lancaster & Morecambe Race Series 2010

All main races start at 11.00 a.m.
 Race Series Entry fee: £25 Attached, £33 Unattached
 1 mile fun run at each race (excluding Golden Ball 5 km)
 Fun runs start at 11.05 a.m. £2 entry fee

Golden Ball 5 km 2nd May 2010 £4 Attached, £6 Unattached Venue: Golden Ball Pub, Snatchems, LA3 3ER	Morecambe 10 km 13th June 2010 £6 Attached, £8 Unattached Venue: Station Pub, Morecambe, LA4 4DB
Wagon & Horses 10 mile 1st August 2010 £7 Attached, £9 Unattached Venue: Wagon & Horses Inn, Lancaster, LA1 1RD	Lancaster Half-Marathon 7th November 2010 £10 Attached, £12 Unattached Venue: Salt Ayre Leisure Centre LA1 5JS

- ★ All races under UK Athletics Rules ★ Generous donations to local charities ★
- ★ Awards for all finishers in all events ★
- ★ Prizes for each event: First 5 Men, First 5 Women, First Vet in each category ★
- ★ All races £1 extra on the day ★

----- Please tick the races you are entering and detach here -----

LANCASTER & MORECAMBE RACE SERIES 2010

5 km <input type="checkbox"/>	10 km <input type="checkbox"/>	Fun run (13th Jun) <input type="checkbox"/>	10 mile <input type="checkbox"/>	Fun run (1st Aug) <input type="checkbox"/>	Half-Marathon <input type="checkbox"/>	Fun run (7th Nov) <input type="checkbox"/>
OFFICE USE ONLY	OFFICE USE ONLY	OFFICE USE ONLY	OFFICE USE ONLY	OFFICE USE ONLY	OFFICE USE ONLY	OFFICE USE ONLY

Surname:..... Address:.....
 First Name:.....
 Date of Birth:.....
 Age on Race Day:..... Gender: M F Postcode:.....
 UKA Affiliated Club:..... Telephone:.....
 T-Shirt Size: S M L XL e-mail:.....

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:.....

Entries to: W. Gardner, 58 Sibsey Street, Lancaster, LA1 5DF. Telephone: 01524 60537
 Cheques payable to: **Race Series**. Please enclose a S.A.E 9"x6" for race number and race information.
 Please ensure you have enclosed the correct fee. Closing date one week prior to race date.
 Or - Enter Online at www.ukresults.net/online