

LANCASTER 10K

Sponsored by

The Runners Centre

THE RUNNERS CENTRE



www.runnerscentre.com

WEDNESDAY 18th JULY 2012

Starts: 7.30pm (on the track)

Organised by Lancaster & Morecambe AC
Salt Ayre Sports Centre, Lancaster LA1 5JS

Entry fee: Attached £7; Unattached £9; £1 extra on the day

UK Athletics Rules * Medal and refreshments to all finishers
Prizes for first 3 men & first 3 women * Prizes for each veteran category
Incorporating police championships
Certified accurate course.

ENTER ONLINE: <http://www.ukforms.net/>

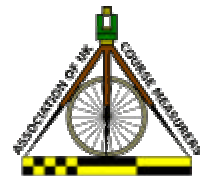
Entries to: Steve Perry, 10 Parkfield Drive, Lancaster, LA1 4BU

Cheques payable to: **Lancaster & Morecambe AC**

Please Enclose S.A.E 9"x 6" for number and information

Postal closing date for entries- 11th July 2012

Sorry no refunds



.....	
First Name:	<input type="text"/>
Surname:	<input type="text"/>
Address:	<input type="checkbox"/> Leave Blank <input type="checkbox"/> Police championships (Please tick)
Postcode:	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.
Tel:	
Club:	Signed..... Date.....
Male Female (delete as applicable) Age:	<input type="text"/> From ukresults.net
D.O.B:	