



www.lancaster-race-series.co.uk



3-1-5 health clubs & unique kidz & co

20 Mile Road Race

formerly The Golden Ball 20 Mile

Sunday 3rd September 2017

All Profits go to *Unique Kidz* and Co

Race starts at 11am

**3-1-5 Health Club,
Caton Road,
Lancaster, LA1 3PE**

All races under UK Athletics rules.

T-shirt & medal to all finishers.
Prizes: First 3 Men, First 3 Women,
First Vet in each category,
First team, male & female.



- £25 attached
 - £27 unattached
- Entries on the day £2 extra



**SORRY NO REFUNDS or
SWAPS**

see our website for 'Cancellation
Policy'

All races under UK Athletics rules.

**Entries: Online: www.lancaster-race-series.co.uk,
www.ukroadraces.info & www.bookitzone.com**

**Postal: complete the form & send to: W. Gardner, 58 Sibsey Street,
Lancaster LA1 5DF. Enclose an SAE (C5) and a cheque made payable to
Run Preston.**

20 mile road race

TICK HERE

OFFICE USE ONLY

Surname _____ First Name _____

Address _____

Age on Day _____ Date of Birth _____ Gender: M F _____ Postcode _____

Email _____ Telephone _____

UKA number: _____ Affiliated Club _____

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 organisation will in no way be held responsible for any injury to myself or for the loss or damage to my property during the event.

Signed _____ Date _____