



# VALENTINE'S WEEKEND



- £12 attached,
  - £14 unattached
- Entries on the day £2 extra**  
**SORRY NO REFUNDS**  
 see our website for 'Cancellation Policy'

**Races start at 11am**  
**Lancaster & Morecambe AC Club House**  
**Salt Ayre Leisure Centre**  
**Lancaster, LA1 5JS**

All races under UK Athletics rules.  
 Awards to all finishers.  
 Prizes: First 3 Men, First 3 Women,  
 First Vet in each category

- Generous donations to at least one of the following charities:
- Lions Club
  - Run For The World
  - Lancaster & Morecambe AC
  - Galloway's Society for the Blind
  - Unique Kidz

**Entries: Online: [www.lancaster-race-series.co.uk](http://www.lancaster-race-series.co.uk),  
[www.ukroadraces.info](http://www.ukroadraces.info) & [www.boowitzone.com](http://www.boowitzone.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  
 Lancaster Races Ltd.**

<b>11th FEBRUARY</b>	TICK HERE	OFFICE USE ONLY	<b>12th FEBRUARY</b>	TICK HERE	OFFICE USE ONLY
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Surname \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

Age on Day \_\_\_\_\_ Date of Birth \_\_\_\_\_ Gender: M \_\_\_\_\_ F \_\_\_\_\_ Postcode \_\_\_\_\_

Email \_\_\_\_\_ Telephone \_\_\_\_\_

UKA 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 \_\_\_\_\_