



# 3-1-5 Health Clubs

# 5k & 10k Winter Series

## November 2017 - March 2018

## One Saturday each Month at 11am

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

**5k entry fee:**  
 • £4 attached,  
 • £5 unattached  
 Beer & crisps to all finishers.\*  
 Prizes: First 3 Men, First 3 Women  
 \* under 18s no beer!

**10k entry fee:**  
 • £12 attached  
 • £14 unattached  
 Medal to all finishers.  
 Prizes: First 3 Men, First 3 Women,  
 First Vet in each category,  
 First team, male & female.

All races under  
 UK Athletics rules.

**Entries on the day £2 extra**  
**SORRY NO REFUNDS or SWAPS**  
 see our website for 'Cancellation Policy'



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

**Enter Online at**  
**www.lancaster-race-series.co.uk**  
**www.ukroadraces.info**  
**www.bookitzone.co.uk**

<b>5k race 1</b> November 25th	TICK HERE	OFFICE USE ONLY	<b>10k race 1</b> November 25th	TICK HERE	OFFICE USE ONLY
<b>5k race 2</b> December 16th	TICK HERE	OFFICE USE ONLY	<b>10k race 2</b> December 16th	TICK HERE	OFFICE USE ONLY
<b>5k race 3</b> January 13th	TICK HERE	OFFICE USE ONLY	<b>10k race 3</b> January 13th	TICK HERE	OFFICE USE ONLY
<b>5k race 4</b> February 3rd	TICK HERE	OFFICE USE ONLY	<b>10k race 4</b> February 3rd	TICK HERE	OFFICE USE ONLY
<b>5k race 5</b> March 3rd	TICK HERE	OFFICE USE ONLY	<b>10k race 5</b> March 3rd	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 \_\_\_\_\_