

Lancaster & Morecambe AC Presents:

[www.lancasterathletics.co.uk](http://www.lancasterathletics.co.uk)



# Festive 4k Funrun

(Approx 4km)

Thursday 27<sup>th</sup> December 2018

**Start & Finish: Lancaster & Morecambe AC Clubhouse, Salt Ayre Leisure Centre, Lancaster, LA1 5JS – 11AM Start**

- ✓ Flat, traffic free course
  - ✓ Medals to all finishers
  - ✓ Presentation & spot prizes
  - ✓ Toilets & Changing
- Open to all ages and abilities – families very welcome
- \* Entry Fee: £4
  - \* Entries on the day: £6

Send entries to: Steve Perry, 10 Parkfield Drive, Lancaster LA1 4BU  
 Tel: 07762 795605. **Cheques payable to Lancaster & Morecambe AC.**  
 Please enclose a SAE with correct postage. If no SAE, you can collect numbers on the day. **Closing date: 20<sup>th</sup> December 2018**

*We expect to have a range of spot prizes sponsored by local organisations*

Name ..... Male / Female (Delete)

Address & Postcode .....

Tel: ..... Email .....

Date of birth ..... Age on Day .....

Club .....

Please enter me for the above run. I declare I am an Amateur as defined by UKA & agree to abide by their rules. I take part at my own risk and will not hold the organisers responsible for any injury, sickness or loss as a result of my taking part. I agree to the organisers having the right to alter or amend any of the above information.

Signed ..... Date .....