

Lancaster

# Christmas Cracker 10K Double 2019



## Sunday 15 & 22 December 2019

### Medals to all Finishers

From Race HQ

George & Dragon Pub , St George's Quay, Lancaster LA1 1RB  
Race Director W Gardner

Prizes 1<sup>st</sup> 3 Male/Female 1<sup>st</sup> vet each cat.

### Start 11am 10k

10k £13 Attached £15 unattached Entries on the day £2

Extra Postal Closing 7 days before.

Enter Online at [www.ukroadraces.info](http://www.ukroadraces.info)

Send S.A.E to: Steve Ashcroft, 36 Brook Place, Preston PR2 1TE

Cheques/P.O payable to "Road Races " Tel: 07886786246

10k 15 December

10k 23 December

Name.....Age.....

Address.....

.....Post Code.....

Tele.....Club.....

Date of Birth

Male Female

DECLARATION: By completing this form and entering the race, I declare that I am eligible to compete under UK Athletics rules. I understand and agree that I participate in this race entirely at my own risk and rely on my own ability in dealing with all hazards. I must run in a manner which is safe for myself and all others. I agree that none of the organisers, sponsors, members or agents shall be held liable in any way whatsoever in connection with any loss, damage, injury or death caused or suffered by me as a result of participating in this event. I also agree that the management reserves the right to alter or change any event and in the unlikely event of abandonment, my entry fee will not be refunded

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