

# SWEATSHOP 10

**10 Mile Road Race**

**SUNDAY 18<sup>th</sup> MARCH 2018**

**Start 11.00 Hrs**

- ON LINE ENTRIES:** [https://bookitzone.com/dave\\_waywell\\_1/Mb2FFX](https://bookitzone.com/dave_waywell_1/Mb2FFX)
- ENTRY FEES:** **£10 with £2 discount for members of UKA affiliated clubs** - Chqs payable to "Lancs Fire AC"  
*ENTRIES ON DAY (unless limit of 300 is reached) £2 Extra on the day.*  
*Postal Closing date: 12 March.* Enclose SAE. Please use correct stamps on all envelopes.  
**PLEASE SEND YOUR ENTRIES TO: DAVE WAYWELL 114 ASHFIELD RD BLACKPOOL FY2 0EN**
- MINIMUM AGE:** 17 and over on the day of the race
- COURSE:** Officially measured (Certificate Number: 14/293) – Two Laps - Flat
- RACE HQ/VENUE:** **Bispham Fire Station, Red Bank Road, BLACKPOOL, FY2 9EA**  
 Limited shower & toilet facilities, other facilities nearby.
- REFRESHMENTS:** Hot food, tea or coffee with all proceeds to Motor Neurone Disease Association
- NUMBERS:** Online entries, collect on the day at Bispham Fire Station, FY2 9EA from 9.00am to 10.45am
- OPEN RACE PRIZES:** **Individual:** 1st, 2nd and 3rd Male and Female in Senior, Junior & Vets Categories up to 85  
**Teams:** 1<sup>st</sup> & 2<sup>nd</sup> Male (4 to count) / Female (3 to count)  
**Goody bag:** Collect at race HQ before the race on production of your number.
- FURTHER ENQUIRES:** **Dave Waywell (01253) 932715 or 07762 283626 – e-mail: [waywell.dave@hotmail.co.uk](mailto:waywell.dave@hotmail.co.uk)**

Name ..... M/F ..... Age on Day .....

Address..... Town ..... Post Code .....

Tel No: ..... Club/UA ..... EA No. ....

**FIRE:** Yes / No

**NMAC:** (NMAC no .....)

**DECLARATION:-** Please enter me for the above race. I accept that the organisers shall not be liable for any injury or illness to my person as a result of taking part, nor for any loss of property. I am medically fit and I am an amateur, as defined by UK:athletics rules.

Signed .....

Date .....

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