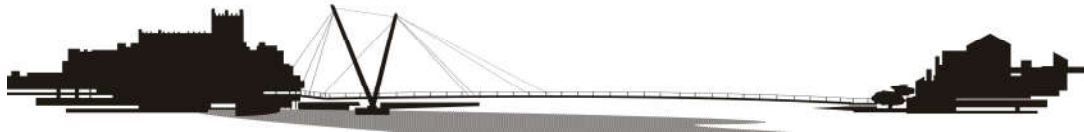


THREE BRIDGES 10K ROAD RACE

Sunday 15th April - 11:00am



Organised by Lancaster & Morecambe Athletic Club



!!! RACE START HAS CHANGED !!!

NOW Lancaster Cricket Club, Lune Rd, Lancaster LA1 5QU

REDUCED ENTRY FEES THIS YEAR -

UKA affiliated - £9 Unaffiliated - £11 Entry on the day £2 extra

ENTER ONLINE: BOOKITZONE.COM

Flat, scenic course suitable for runners of all abilities

Handsome medals to all finishers.

Prizes for first 3 women and men, and for each veteran category.

Postal entries to Steve Perry, 10 Parkfield Drive, Lancaster, LA1 4BU.

Cheques payable to Lancaster & Morecambe AC. Please enclose 9" x 6" envelope for number or collect on the day.

Postal entries closing date - 7th April 2018

First Name		Surname	
Address (incl postcode)			
Email		Mobile number	
Club			
Male/Female	Date of Birth		Age on race day.
I declare that I am an amateur as defined by UK Athletics rules. I certify I am fit to run and understand that the organisers will in no way be held responsible for any injury or illness to myself, or for the loss or damage to my property during the event.			
Signed		Date	