

LANCS FIRE A.C. (Licence No: TBC) (Under UKA Rules)

RUDOLF'S RED NOSE RACE

SUNDAY 22nd DECEMBER 2019

START 11.00am



A Merry Christmas & Happy New (Running) Year

ENTRY FEES: £10.00 with £2.00 discount for Members of Affiliated Clubs

Cheques payable to "Lancs Fire AC"

On-line closing date 19/12/19 - Last numbers posted out on 14/12/19 - Please enclose a large SAE
(Unless Race Fills Prior to these Dates)

THERE WILL BE NO ENTRIES ON DAY - LIMIT 250

ONLINE ENTRIES:- https://bookitzone.com/dave_waywell_1/HGjFFX and www.ukresults.net

Online entry numbers collected from the Fire Station on the day

MINIMUM AGE: 15 and over on the day of the race



COURSE: Cert. No. 06/064-flat-5 miles-one lap. Footpath, access road, 3%grass & 90%trail.

CHANGING: Available at Blackpool Fire Station. Forest Gate Blackpool FY3 9RA
Limited shower and toilet facilities.

REFRESHMENTS: After the race at the Fire Station for a Donation to the Fire Fighters Charity.

PRIZES: First and Second in all categories from JU20 to V85 Male and Female.
First place prize vouchers not claimed on the day will be posted on.
Goody Bag with Wine, Chocolate and Mince Pie for all finishers.

FURTHER ENQUIRIES: Dave Waywell: waywell.dave@hotmail.co.uk (01253) 932715 or 07762 283626

Name Tel No: M/F

Address Post Code..... Age on Day

E-mail..... Club

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 UKA rules.

Signed Date (ukresults.net)

PLEASE SEND YOUR ENTRIES TO:
DAVE WAYWELL 114 ASHFIELD ROAD BLACKPOOL FY2 0EN

For Official Use

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