


Lancaster & Morecambe Race Series

<p align="center"><u>GOLDEN BALL 5KM</u> MAY 15th 2005 Attached £4 Unattached £6 Start 11am Start: Golden Ball Pub Snatchems</p>		<p align="center"><u>MORECAMBE 10KM</u> JUNE 5th 2005 Attached £6 Unattached £8 Start 11am Start: Station Pub Morecambe</p>	
		<p align="center">Fun run starts 11.15am 2miles Fee £2.00</p>	
<p align="center"><u>WAGON & HORSES 10M</u> JULY 24th 2005 Attached £7 Unattached £9 Start 11am Start: Wagon & Horses Inn</p>		<p align="center"><u>LANCASTER HALF MARATHON</u> SEPTEMBER 4th 2005 Attached £9 Unattached £11 Start 11am Start: Salt Ayre Leisure Centre</p>	
		<p align="center">Fun run starts 11.15am 2miles Fee £2.00</p>	
<p>Sponsored by:</p>		<p align="center">HEALTH & FITNESS Qualified massage therapist (IHHT) & Sports scientist (BSc) 07855235164 or 01524 60537</p>	
<p align="center">Reebok</p>			
<p align="center">Pete Bland Sports Kendal</p>			
<p>ENTRIES TO:  Elaine Gardner, 58 Sibsey Street, Lancaster, LA1 5DF TEL:01524 60537</p>		<p>Cheques / Postal Orders payable to E. Gardner. Please enclose S.A.E 9" x 6" for number & information <u>Postal entries close 7 days before each event</u></p>	

Entry form - Lancaster & Morecambe series 2005

First name		Surname		LEAVE BLANK			
Address						I declare that I am an amateur as defined by UK Athletics Rules. I certify that I am fit to run and understand that the organizers will no way be held responsible for any injury or illness to myself or loss or damage to my property during the event. Signed..... Date.....	
Postcode			Male Female (delete as applicable)				
D.O.B			Club				
PLEASE TICK THE RACES YOU ARE ENTERING:							
		5km	10km	10mile	1 / 2 m		
Enter the series £25 attached and £33 unattached			Fun run	Fun run	Fun run		

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