

**LANCASHIRE FIRE A.C  
AND WESHAM ROAD RUNNERS**

**15<sup>th</sup> ULTRAFIT ST ANNES 10 MILE**

*(inc. F.S.S.A.A. Road Race Ch/ship) (Under UKA Rules: Permit No:)*

**SUNDAY 5<sup>th</sup> MARCH 2006**

**START 14.00 Hrs**

- ENTRY FEES:** a) £5.00 for Members of Affiliated Clubs  
b) £7.00 for non members of Affiliated Clubs  
Entries on the day £1.00 extra. Cheques payable to "Lancs Fire A.C."  
**SAE not required. Numbers collected on the day** - (Closing Date: Day before the Race)
- MINIMUM AGE:** 17 and over on the day of the race
- COURSE:** Officially measured 10 miles flat - one lap
- CHANGING AND REFRESHMENTS** Available at St. Annes Fire Station, St. Andrews Road North, St. Annes.  
Very limited shower and toilet facilities
- NUMBERS AND ENTRIES ON DAY** St. Annes Fire Station : 12.00 to 13.40 hours  
(No entries after this time)
- PRIZES:** Individual M/F & All Vets Cats. Teams Male (4)/Fem.(3) : Details in Programme
- FURTHER ENQUIRES:** Dave Waywell (01253) 357637 or Neil Morris (01253) 302524

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Name ..... Tel No: ..... M/F .....

Address ..... D.O.B. .... Age on Day .....

..... Club/Brigade .....

Post Code ..... Lancs Fire Posting .....

**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 ..... NOEAA Number .....

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

Off Use Only

Data Protection : If you do not wish any details to be passed on to a third party, including other running related organisations, tick this box.