

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

17th ULTRAFIT ST ANNES 10 MILE

(inc. F.S.S.A.A. Championships) (Under UKA Rules: Permit No: 2156)

SUNDAY 16th MARCH 2008

START 11.00am (note new time)

ON LINE ENTRIES: www.ukresults.net

ENTRY FEES: a) £6.00 for Members of Affiliated Clubs
b) £8.00 for non members of Affiliated Clubs
Cheques payable to "Lancs Fire A.C"

NO ENTRIES ON DAY. Closing date 15th March. *SAE required only if directions are required*
LIMIT SET AT 400 RUNNERS.

MINIMUM AGE: 16 and over on the day of the race

COURSE: Officially measured 10 miles flat - one lap

CHANGING Available at St. Annes Fire Station, St. Andrews Road North, St. Annes.
Limited shower and toilet facilities, other facilities nearby.

REFRESHMENTS: Hot Pies, tea or coffee after the race (on production of race number).

NUMBERS: Collected on the day at St. Annes Fire Station: 9.00 to 10.45 hours

PRIZES: **Individual:** M/F & All Vets Cats. **Teams:** Male (4)/Fem.(3) : Details in Programme.
Goody bag issued to all runners on the day with their number.

FURTHER ENQUIRES: Dave Waywell (01253) 357637 or 07762 283626

Name Tel No: M/F

Address D.O.B. Age on Day

..... Post Code: Club/Brigade

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 FY2 0EN

From ukresults.net

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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.