

Up to 30% of Entry Fee donated to SAVE LYTHAM HALL appeal
www.htnw.co.uk/lythamhallappeal



Lytham Hall Autumn 5K

Under UKA Rules. UKA Licence No. 2011-102725

Sunday 9th October 2011 @ 11:00am

New 5K Course for 2011

A flat, accurately measured 5K road race within the grounds and surrounding area of the magnificent Lytham Hall, a Grade I listed 18th century Georgian manor house in Lytham, Lancashire, FY8 4JX

Prizes for first 3 men and first 3 women plus 1st in all vets categories and 1st Junior Boy and Girl Race Memento for all competitors - Car Parking, Cafe and Toilet facilities available

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First Name:		Surname:	
Address:			
			Postcode:
Telephone No:		E-mail address:	
UKA Club (if applicable):			UKA Reg. No:
DOB:	Age (on day of the race):		Male/Female

Entry Fees: Club Runners (Reg No. MUST be provided) £6.50, Non-Club Runners £8.50

Entries on the day (until 10:30am if limits permit) £1.50 extra. Cheques made payable to "Quaseb Ltd"

Declaration:- I will be over 13 years of age on race day. I agree to abide by the rules of UK Athletics. I understand that I enter the Lytham Hall Autumn 5K 2011 at my own risk and that the organisers will not be held responsible for any accident or injury or loss to myself or damage to my property as a result of my taking part.

Signed (parent or guardian if under 18)

Date

Please tick the box if you do **not** wish to receive information of SweatShop offers
 Postal entries to Lytham Hall Autumn 5K, 4 Ansdell Road North, Lytham St. Annes, FY8 4EZ or online at
www.ukresults.net and www.runbritain.com

Enquiries:- (07989) 403 247, e-mail LythamHall5K@quaseb.co.uk or www.quaseb.co.uk

Closing Date for Postal Entries: Saturday 1st October 2011

NUMBERS TO BE PICKED UP BEFORE 10:30am ON RACE DAY