



# Lytham Hall Autumn 4K

Under UKA Rules. UKA Licence applied for.

## Sunday 10<sup>th</sup> October 2010 @ 11:00am

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

*Prizes for first 5 men and first 3 women plus 1<sup>st</sup> in all vets categories and 1<sup>st</sup> Junior Boy and Girl  
Race Memento for all competitors*

**Car Parking, Cafe and Toilet facilities available**

### Entry Limit of 250

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: Attached £7.50, Unattached £9.50**

**Entries on the day (if limit not reached) £2.00 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 4K 2010 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 4K, 4 Ansdell Road North, Lytham St. Annes, FY8 4EZ or online at [www.ukresults.net](http://www.ukresults.net), [www.runbritain.com](http://www.runbritain.com) or [www.runnersworld.co.uk](http://www.runnersworld.co.uk) (An additional fee may apply)

Enquiries:- (07989) 403 247, e-mail [LythamHall4K@Quaseb.co.uk](mailto:LythamHall4K@Quaseb.co.uk) or [www.quaseb.co.uk](http://www.quaseb.co.uk)

**Closing Date for Postal Entries: Friday 24<sup>th</sup> September 2010**