



redefining / standards

St. Annes Carnival 5k Road Race and Fun Run

Promoted by Lytham St. Annes Road Runners,
under UKA Rules (Licence Number to be advised)
Race organiser Colin Laidlaw



Supported by Sweatshop,
Ribby Hall, Wrea Green

Supported by
The Admiral Pub,
Lytham St Annes

Sunday
11th July 2010
11.00am
Fun Run Start 10:00am

**A FAST, FLAT 5K road race
AND a
1.5 mile Family FUN RUN!**

**At the seaside resort
of St Annes-on-Sea**

5K Road Race

Club Members £7.00 (*concessions £5.00)
Unattached £9.00 (*concessions £7.00)

All entries on race day £1 extra

*concessions = full time education / unwaged

Prizes for:

- * 1st 3 men, 1st 3 ladies
- * Club Teams Men & Ladies (3 to count)
- * Assorted age categories

Memento to all finishers

Race Limit - 400

Minimum age on race day 13 years

Family Fun Run (1.5 Miles)

All entries £5 (no extra on race day)

Memento to all finishers

Race Limit - 100

No age limit for fun run

Registration/Presentation at:

The Admiral Pub, St Annes Road West, Clifton Drive North, Lytham St Annes, Lancashire FY8 1RG

After race free buffet at The Admiral

Postal Entries/Enquiries Nigel Simpkin "St Annes Carnival 5K/Fun Run",
Flat 3, Windsor Court, 192 Clifton Drive South, Lytham St Annes, FY8 1HQ. (tel) 01253 721575.

Please make cheques payable to **Lytham St Annes Road Runners** and enclose a C5 (9" x 6") stamped addressed envelope for race number & race information. Enter online at <http://www.shoestringresults.com/>

Closing date for pre-entries 5K and Fun Run **3rd July 2010**

APPLICATION FORM - ST ANNES CARNIVAL 5K ROAD RACE / 1.5 MILE FAMILY FUN RUN (delete as appropriate)

SURNAME		AGE ON RACE DAY	
FIRST NAME(S)		DATE OF BIRTH	
ADDRESS			
POST CODE	EMAIL	England Athletics Reg no.	
PHONE No.	UNATTACHED	Yes	No
NAME OF CLUB			
I am medically fit and accept that I participate entirely at my own risk. I do not hold the organisers or any race official responsible for any loss, damage, illness or injury sustained as a result of taking part in the race.			
Please tick this box if you do not want to go on the Sweatshop mailing list for sale and offers <input type="checkbox"/>			
SIGNED (Parent/Guardian to sign if 16 or under)			DATE

If concession please tick appropriate box: I am unwaged I am in full time education

A donation from the surplus proceeds of this race will be made to St Annes Carnival Charity Fund

www.lythamrunners.org.uk