

Green Drive Five

INCORPORATING THE LANCASHIRE A.A. 5 MILE CHAMPIONSHIPS*

11a.m., Sunday 17th October, 2010

OPEN TO ALL OVER 15 ON RACE DAY : Under UKA Rules : UKA Licence 20090244 : Course Accuracy Cert. 03/049

Supported by: **Booths : Statestrong Group : Jackson the Jeweller : Tony Bolton Sports : Sweatshop
St Annes Sports : The Runners Centre : 1st Coastal Tyres : Vitality Sports Injuries Clinic**



Accurately-measured 5 miles flat, mainly traffic-free, rural course starting in Green Drive then along footpaths, cycle track and country lanes. The course is unsuitable for wheelchairs.



REGISTRATION, CHANGING, TOILETS, REFRESHMENTS, RESULTS, FREE MASSAGE & PRIZE GIVING

AT LYTHAM C.E. PRIMARY SCHOOL, PARK VIEW RD., FY8 4HA.

FREE PARKING AT ST. BEDE'S HIGH SCHOOL, TALBOT RD. CLOSE TO RACE H.Q. AND START.



Refreshments by the PTFA

PRIZES TO FIRST EIGHT MEN & FIRST FIVE WOMEN

Plus 1st & 2nd M40, 45 & 50. 1st M55, 60, 65, O70

1st W35, 40, 45, 50, 55, 60, O65

Only one prize per runner except teams.

TEAM PERPETUAL CHALLENGE TROPHIES

MEN: James Brearley Shield (three to count)

WOMEN: Edwin Booth Shield (three to count)



Souvenir coloured t-shirt for every finisher

**You may enter the LANCASHIRE A.A. CHAMPIONSHIPS at no extra charge if you are an ATTACHED RUNNER BORN IN OR HAVING NINE MONTHS CONTINUOUS RESIDENCY IN THE NEW COUNTY OF LANCASHIRE IMMEDIATELY PRIOR TO RACE DAY. CLUB VEST MUST BE WORN. Medals awarded to first three men and women overall and first in age categories M40 to M70 and F35 to F65. Gold medals to first men's and women's teams (three to count).*

ENTER BY POST, ONLINE AT www.ukresults.net OR ON RACE DAY (9:30-10:45)

ENTRY FEES: Attached £7.00; Attached inc. Lancashire Championships £7.00; Unattached £9.00; EOD & online £1 extra.

Postal entries and enquiries to: Bill Lock, GD5, 7 Sefton Court, 44 North Promenade, Lytham St. Anne's FY8 2NQ Tel: 01253 721514 Email: billdawnlock@hotmail.com

UNATTACHED? RUNNING ALONE? LOOKING FOR A RUNNING CLUB? SEE WHAT LYTHAM ST. ANNE'S ROAD RUNNERS CLUB CAN OFFER YOU AT www.lythamrunners.org.uk

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FORENAME _____ SURNAME _____ E.A. LICENCE No. _____

DATE OF BIRTH ___/___/___ M/F ___ AGE ON RACE DAY ___ CLUB _____

ADDRESS _____

_____ POST CODE _____

TEL. _____ EMAIL _____

FEE ENCLOSED (tick box): Attached £7 Inc. LAA Championships* £7 Unattached £9

Please make cheques payable to LYTHAM ST. ANNE'S ROAD RUNNERS and enclose a stamped addressed envelope for race number and information. POSTAL ENTRIES CLOSE 9TH OCTOBER. *Lancashire A.A. Championships entry has no extra charge but entrants must meet the eligibility conditions shown in the panel above.

DECLARATION: I will be over 15 years of age on race day and an amateur as defined by UKA rules and I am fit to run and will not hold the Lytham St. Anne's Road Runners Club responsible for any injury to me or loss or damage to my property in relation to this event.

DATA PROTECTION: I agree to this information being stored on a computer solely for the purposes of this event.

Signature _____
(Parent or guardian if under 18)

Date ___/___/2010

www.lythamrunners.org.uk

Office use