



Lytham Hall Autumn 4K

Under UKA Rules. UKA Licence No. 2010-101103

Sunday 10th October 2010 @ 11:00am

A flat, accurately measured 4K 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 5 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

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, www.runbritain.com or www.runnersworld.co.uk (An additional fee may apply)

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

Closing Date for Postal Entries: Friday 24th September 2010

