

Permit No
07/7619

Lancaster & Morecambe AC presents the

Lancaster Three Bridges 10k

Open to all over 15 years under Uk Athletic Laws

Sunday 15th April 2007 , 11am



A new springtime dare for this special occasion will be to run Lancaster's new Millennium Bridge and Riverside Park. The course is fast, flat, following traffic free cycleways and footpaths along the banks of the River Lune. The highlight will be crossing the City's three most historic bridges: the elegant Lune Aqueduct; classical Skerton Bridge; and the magnificent new Millennium Bridge at St George's Quay. Start and finish at Salt Ayre Sports Centre, midway between Lancaster & Morecambe.

SPONSORED BY



**The Tom Sawford Memorial Trophy
to The First Lancaster & Morecambe Ac
Runner**

Entry Fee
Affiliated Club Members £6.00
Unattached £8.00
Entries on the day £1.00 on above
fees
Registration 9.00am to 10.45am

Commemorative
t-Shirt to all Finishers
Generous prize list
Showers and
Refreshments

Entries to:- Dave Clarke 3 Cock Robin lane Catterall Garstang Pr3 1YL Tel 01995 605973 cheques payable to Lancas Steve Perry, 10 Parkfield Drive, Lancaster LA1 4BU – tel 01524 64892 on. Closing date for postal entries Sunday 01st April 2007

Entry Form 3 Bridges 2007

Name	
Address	
Post Code	Tel No

LEAVE BLANK

Age

Dob

Club

Male
Please tick

Female

I declare that I am an amateur as defined by UK Athletics . I shall not hold the organisers or sponsors liable for any claims, cost or expeunce, including injury or loss or damage to property. Which I may suffer , directly or indirectly as a result of my participating in this event. I am medically fit to run and enter at my own risk

Signed _____

Date _____