

Wednesday 27th December

Lancaster & Morecambe AC Clubhouse, Salt Ayre Leisure Centre, LA1 5JS – 11am start

- ✓ Flat, traffic free course
- ✓ Medals to all finishers
- ✓ Toilets & Changing
- * Entry Fee: £5
- * Entries on the day: £8
- ✓ Open to all ages & abilities families welcome

Pre-register on https://bookitzone.com/

closing date: 20th December 2023

Queries to Steve Perry on stephenptherunner@gmail.com

Tel: 07762 795605

** Lots of great spot prizes **

Sponsors already include

Barton Grange Garden Centre; Black's Fish 'n

Chips (Halton); Body Shop; Lancaster

University Sports Centre; Pete Bland Sports;

Rowan Wood physio; Runners Centre

(Lancaster); Scholls podiatry; Tesco

(Carnforth); Vue cinema

