**LIMBER UP FOR LYTHAM**

## 1K / 5K / 10K FUN RUN

## SUNDAY 7th April 2019

## Lytham St Annes Technology & Performing Arts College, Car Park Entrance - Albany Road, Lytham St Annes, FY8 4DG



**START TIMES & ENTRY FEES**

**1K** 10:30am start. Entry £2

**5K/10K** 11:15am start. Entry £5 in advance (online or at school reception), or £7 on the day

**EVENT DETAILS**

Please bring ticket / receipt to the event if registering in advance of the event.

Race numbers will be allocated on the day.

The 10K is 2 laps of the 5K route.

Car Parking, toilets and changing rooms available

Refreshments on sale throughout event

Further Information at : [**www.lythamhigh.lancs.sch.uk**](http://www.lythamhigh.lancs.sch.uk) (PTFA Events))

**REGISTRATION**

**Online (5K & 10K only):** Registration and payment in advance of the event can be made at **https://www.pta-events.co.uk/lythamhighschool**

**In Person (5K & 10K only):** Registration forms and entries can be made at Lytham High School Reception, Worsley Road, Lytham St Annes, FY8 4DG, up to Friday 5th April 2019. Payment can be made in cash or by cheque (payable to Lytham St Annes High PTFA).

**On the Day (1K / 5K / 10K):** Please leave ample time for registration on the day. Registration opens at:

 1K: 09:30 – 10:15am

 5K/10K: 09:30 – 10:45am

One entry form per runner is required. Additional forms available at [**www.lythamhigh.lancs.sch.uk**](http://www.lythamhigh.lancs.sch.uk) **(PTFA)**

**ENTRY FORM**

NAME………………………………………………………………………………………………………………………………………..

ADDRESS……………………………………………………………………....................... POSTCODE……………………………

EMAIL……………………………………………………………………………………………TELEPHONE………………………….

RUN 5K 10K

SPONSORSHIP FORM IN AID OF SCHOOL YES NO

All runners competing in the 5K must be over 10 years old unless accompanied by an adult at all times during the run. **Only runners over the age of 15 years may enter the 10K.** Parental permission is required for all runners under the age of 16 years. By completing and signing this registration form, you agree to abide by the rules of the event. You understand that you are entering the event at your own risk, and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to yourself or to any dependents present, prior to, during, or after the event. You confirm that you are medically and physically fit to enter the event and do so at your own risk. You understand that the organisers reserve the right to delay, postpone, or cancel arrangements in the event of adverse weather conditions, or other events outside of the organisers’ control, and that in such circumstances, entry fees will not be refunded but all profits will be donated to Lytham High School. The determination of what constitutes such circumstances is reserved solely to the event organisers. You give permission for your name to be published in the list of results and for your picture to be displayed as part of the coverage for the event.

This form must be signed by entrants over 16 years old, or a responsible adult for entrants under 16 years old.

Signature ……………………………………………………………………………………………………………………………………………………………..