



Sponsored by
PUMA

★ ENTER ONLINE ★
www.ukforms.net

Free downloadable race photos from
www.flickr.com/photos/charlessatterley
(available within 7 days)

TRIMPELL 20

THE PRE-LONDON ROAD RACE

Sunday 4th March 2012
11.00 a.m. start

Salt Ayre Sports Centre,
Lancaster, LA1 5JS

Entry fee: £21.00 Attached, £23.00 Unattached

Entries on the day £25.00 (No T-shirt guaranteed)

★ Fastest UK 20 mile 2010 ★

Fastest Male 1:44:56 Fastest Female 2:02:10

- ★ UK Athletics Rules ★ 99% Traffic free, flat, fast course ★
- ★ Generous donations to local charities ★ Race T-shirt and medal for all finishers ★
- ★ Prizes to first to men, first 6 women, first vet in each category,
first 3 teams male & female (first 4 to count) ★

.....Please detach here.....

TRIMPELL 20, 4th March 2012

Surname: _____

Address: _____

First Name: _____

Date of Birth: __/__/__

Gender M ___ F ___ Postcode: _____

Telephone: _____

UKA Affiliated Club: _____

T-shirt size: S ___ M ___ L ___ XL ___

e-mail: _____

I declare that I am an amateur as defined by UK Athletics rules. I certify that I am fit to run and understand that the organisers will in no way be held responsible for any injury to myself or for the loss or damage to my property during the event

Signed: Date:.....

Entries to: W. Gardner, 58 Sibsey Street, Lancaster, LA1 5DF. Telephone: 01524 60537. Cheques payable to Race Series. Please enclose S.A.E. 9"x6" for race number and race information. Please ensure you have enclosed the correct fee. **Postal entry closing date 14th February 2012.**

From ukresults.net