

LANCASHIRE AA T & F 5000M CHAMPIONSHIPS SATURDAY 13TH MAY 2017 CHALLENGE FOR ROAD RUNNING CLUBS

Championship Best Performances - 3 to score
Women's Team - Blackpool Wyre & Fylde AC - 60:28.2 mins
Men's Team - Wesham Road Runners - 51:40.6 mins

Join us for a great event.

Athletes to be either born in Lancashire or 9 months residence

- 5000m Championship Medals to 1st, 2nd and 3rd Male and Female (Open or Masters Category)
- County Medals to 1st, 2nd and 3rd Male and Female Masters but no individual category awards
- Team Medals to 1st, 2nd and 3rd Male and Female – 3 to count – combined Senior and Masters

Usually the last race of the morning session

Download entry form or enter online at www.lancs.co.uk

or



Entry on the Day – for the 5000m only - 50p extra per athlete.