BUDE LIFEBOAT RUN

Under UKA Rules
UKA Licence No
2009-100186

Lifeboats

7.15pm WEDNESDAY evening 16th JUNE 2010

Sponsored by

outdooradventure.co.uk

6Mile Multi-Terrain Race

In Association with Launceston Road Runners

(Includes 2 x1 Mile Junior Relay - 6.00pm - For Relay information and entry form go to)
www.launcestonroadrunners.co.uk

Minimum age 15 on race day

Entry fee £8 (England Athletics Competition Licence holders £6) plus £2 for entries on the day

Maximum 1 prize per runner excluding TEAM prize

MEN – First 3 open + First 2 Vets O/40, O/50 & First O/60

LADIES – First 3 open + First 2 Vets O/35, O/45 & First O/55

TEAM – First EA Affiliated Running Club (first 4 to count)

TEAM – First Unaffiliated Club or Team (first 4 to count)

Run over cycle ways, canal towpath and off-road footpaths. Fully marshalled by RNLI supporters. Start and finish at Bude Rugby Club with showers and changing facilities and commemorative memento to all finishers

Supported by

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For further information including how to get there, parking and the course go to
www.launcestonroadrunners.co.uk

Send completed entry form (photocopies accepted) and fee to:
The Race Director, 18a Stapleton Road, Bude, Cornwall. EX23 8TS Email: budelifeboatrun@yahoo.co.uk Tel: O1288 352884
Website: www.launcestonroadrunners.co.uk Closing date for postal entries 12 June 2010

6 Mile Race (minimum age on race day 15)

SURNAME ..... FIRST NAME ..... M / F AGE on race day .....

TEAM or CLUB ..... EA AFFILIATED Y / N EA Registration No .....

ADDRESS ..... POST CODE .....

TELEPHONE ..... EMAIL (No email? Please send SAE) .....

Fee (please make cheque payable to "RNLI"

6 Mile Race £ £8 (£10 on the day) £6 if EA registered (£8 on the day)

If you would like an RNLI sponsor form please tick here and enclose SAE ☐

Signed ..... Date 2010

For runners under 18 years of age this form must be signed by a parent/guardian

Data protection: The information you provide will be used solely for the purposes of race results, information and identification for health and safety reasons. The information will only be available to members of the results team and appropriate race officials and will not be passed on to any other persons or agencies.

Declaration: I understand that while the organisers will make every effort to ensure my safety, I accept the risks involved and they will not be responsible for any injury, loss or damage suffered by me whilst participating in this event. I further declare I will be medically fit.

RNLI - A charity registered in England and Wales (209603) and Scotland (SCO37736). Charity number CHY 2678 in the Republic of Ireland.