

BUDE LIFEBOAT RUN

6.00pm WEDNESDAY evening 16th JUNE 2010



Lifeboats

Sponsored by



outdooradventure.co.uk

2 x 1Mile Junior Relay

In Association with Launceston Road Runners

(Includes 6 Mile Senior Race - 7.15pm - For 6 mile Race information and entry form go to)

www.launcestonroadrunners.co.uk

For School Years 5&6 combined, 7&8 combined and 9&10 combined

A team comprises two persons, any combination of male and female, from same school and same school year

Entry fee £6 per team plus £2 for entries on the day

Prizes to First 3 teams in School Years 5&6combined, 7&8 combined and 9&10 combined

Run over cycle ways and canal towpath. 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



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: budelifebotrun@yahoo.co.uk Tel: 01288 352884

Website: www.launcestonroadrunners.co.uk

Closing date for postal entries 12 June 2010



2 x 1Mile Relay (minimum age on race day 15)

SURNAME	FIRST NAME	SCHOOL	SCHOOL YEAR
SURNAME	FIRST NAME	SCHOOL	SCHOOL YEAR
ADDRESS			POST CODE
TELEPHONE	EMAIL (No email? Please send SAE)		

Fee (please make cheque payable to "RNLI")

2 x 1Mile Relay £ £6 per team (£8 on the day) If you would like an RNLI sponsor form please tick here and enclose a 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.