

BUDE LIFEBOAT RUN

WEDNESDAY evening 17 JUNE 2009

Under UKA Rules

UKA Licence No 20090139

In Association with Launceston Road Runners



Lifeboats

Senior 6 mile Race 7.15pm

Minimum age 15 on race day

Entry fee £7 (England Athletics Competition Licence holders £5) plus £1 for entries on the day

Maximum 1 prize per runner

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

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

Run over NEW, safe, off road paths, fully marshalled by RNLI supporters. Start and finish at Bude Rugby Club with showers and changing facilities and commemorative medal to all finishers

2 x 1 Mile Junior Relay 6.00pm

For those in School Years 5 to 10, a team comprises two persons, any combination of male and female, from same school and same school year

Entry fee £5 per team plus £1 for entries on the day

Prizes to first 3 teams in School Years 5&6 / 7&8 / 9&10

The Bude Lifeboat Run is proud to be associated with CATS (Community Action Through Sport) a partnership, designed to promote and reward positive community activity by young people through the presentation of sporting awards

The money raised from this event will help fund the RNLI's work in saving lives at sea and on inland waterways and will be used where the RNLI feels needs are the greatest



TEL 01288 352381 E-MAIL bude@mgard.co.uk



ATLANTIC SCAFFOLDING LIMITED

Send completed entry form and fee to:

The Race Director, 18a Stapleton Road, Bude, Cornwall. EX23 8TS

(Tel: 01288 352884)

Closing date for postal entries 13 June 2009

Photocopies accepted

Numbers to be collected from Race HQ at Bude Rugby Club, Bencoolen Meadow, Bude EX23 8QG from 4pm.

Race limit 300 (enter early to avoid disappointment)



Senior 6 Mile Race (minimum age on race day 15)

Full Name M/F Age on race day

Club EA Registration No

2 x 1 Mile Junior Relay (for School years 5 – 10)

Runner 1 Full Name M/F School Year

Runner 2 Full Name M/F School Year

School

Contact Details

Address

Tel No Email (No email? Please send SAE)

Fee

Senior Race	£	£7 per runner (£5 if EA registered)	Signed
School Relay	£	£5.00 per team	
Late Entry Fee	£	£1 for entries on the day	Date 2009
Total Fee	£	Cheques payable to RNLI	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.