



St John
Ambulance



personalbest
RUNNING AND FITNESS FOR ALL LEVELS



www.pbrunning.co.uk

**THE BOCONNOC RACE
and 1 MILE FUN RUN
Sunday 15th May 2011, 11.00am**



**Undulating, 5 Mile Multi – Terrain Course in the beautiful
Boconnoc Estate, Nr Lostwithiel**

By Kind permission of Mr & Mrs Anthony Fortescue

Under UK Athletic Rules : Licence Number 2011 – 0054

Entry Fees : 5 Mile Affiliated £8.50 / Unaffiliated £10.50 (£2 surcharge on day)

Fun Run (10.00am): 1 mile – £3

Prize List

1st 3 Male and Female

1st 3 Male Under 20 & 40, 1st 3 Male Vet 40, 45, 50, 55, 60, 65, 70

1st 3 Female Under 20 & 35, 1st 3 Female Vet 35, 40, 45, 50, 55, 60

1st 3 Male Teams (4 to count) and 1st 3 Female Teams (4 to count)

Quality Memento to all finishers

Race Numbers sponsored by Personal Best Running, St Austell

Race Organisers, St Austell Running Club

With all Race Proceeds to St John Ambulance

For entry form and results : www.staustellrunningclub.co.uk



The Boconnoc Race

**Boconnoc Estate, Middle Taphouse entrance, Nr Lostwithiel
Sunday 15th May 2011, 11 am
(Fun Run 10.00 am)**

5 MILE ENTRY FORM

FIRST NAME.....SURNAME.....

ADDRESS.....

POSTCODE.....TELEPHONE.....

E-MAIL ADDRESS.....

AGE..... DATE OF BIRTH (Minimum age 15 years for 5 miles) M/F

AFFILIATED: YES/NO..... UK ATHLETICS RACE NUMBER.....

RUNNING CLUB.....

DATA PROTECTION: The information provided by you on this form will be used solely for the purpose of race results 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 to any other person or agency.

DECLARATION: I declare that I will abide by the rules of the race and will follow any instructions given by event officials. I accept that the organisers will not be liable for any loss, damage, cost or expense which may arise as a consequence of my participation in this event. I declare that I will not compete in the event unless, to the best of my knowledge, I am in good health on the day and that I am competing at my own risk.

Signed..... Date.....

Entry Fees : 5 mile Affiliated £8.50 (.....) / Unaffiliated £10.50 (.....) Please tick appropriate box

Entries on day accepted with a £2 surcharge

**Please return completed entry form to : Michele Lobb
'Oak Ridge', Little Polgooth, St Austell, Cornwall. PL26 7DD.**

E-mail entries to michele.lobb.t21@btinternet.com

Closing date for postal entries Friday 13th May 2011.

Please make cheques payable to "St John Ambulance"

Race Numbers to be collected at Registration on the day.

**Remember, your entry fee only covers St John Ambulance costs. Please request a Sponsorship Form to help us to raise extra funds or use www.justgiving.com
Proceeds from this event will go towards providing first aid and care in local communities.**