

BUDE LIFEBOAT RUN

Sponsored
by



Held under UKA Rules
UKA Licence
No 2012-103084

Wednesday 13th June 2012 at 7.15pm



Race 4 of the Cornish Multi Terrain Race Series co-sponsored
by Personal Best Running and the National Trust



The 4th running of this 6 mile race around Bude's
cycleway, canal towpath and off road footpaths

Includes Junior Mile Race at 6.30pm for all ages up to 15 on the day
Entry forms and information at www.launcestonroadrunners.co.uk

With kind
support from

Location: Start and Finish from Bude Rugby Club, Bencoolen Meadow, Bude EX23 8QG
Fully marshalled by RNLI supporters
Race HQ, Changing, Showers, Bag storage, Bar, BBQ
Race limited to 250 runners, enter early to avoid disappointment
CLOSING DATE FOR POSTAL ENTRIES: 9th June 2012



Race Awards Maximum 1 individual prize per runner
First 3 Male and First 3 Female finishers
Male First 2: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70+
Female First 2: 35-39, 40-44, 45-49, 50-54, 55-59, 60-64 and 65+
TEAM – First UKA Affiliated Running Club (first 4 to count)
TEAM – First Non-Affiliated Club or Team (first 4 to count)



Finishers Memento to all finishers

Entries Minimum age 15 on race day
£10.00 entry fee £12 on the day £2 discount to UKA licence holders
Please complete the entry form below and send with cheque / P.O. payable to
"RNLI" before 9th June 2012 to:
Race Director, 18A Stapleton Road, Bude, Cornwall EX23 8TS Tel 01288 352884
For all enquiries please email: budelifelifeboatrun@yahoo.co.uk



BUDE LIFEBOAT RUN 2012 - Entry form

First Name _____ Surname _____ Male / Female

Address _____ Date of Birth dd / mm / yy

_____ Post Code _____

E-mail Address _____ Telephone _____

Affiliated? YES / NO Club or Team Name _____ UKA Licence No. _____

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

DATA PROTECTION: The information you supply will be used solely for the purpose 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 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, illness, loss or damage suffered by me whilst participating in this event. I further declare that I will be medically fit, over 15 years of age on 13th June 2012 and abide by the UK Athletics rules for this event.

Signed _____ Date _____