

BUDE LIFEBOAT RUN

WEDNESDAY evening 13th JUNE 2012

In Association with Launceston Road Runners
Under UKA Rules UKA Licence No 2012-103084



Lifeboats



Sponsored by



The Bude Lifeboat run is Race 4 of the new Cornish Multi Terrain Race Series co-sponsored by Personal Best Running and the National Trust



National Trust

Thank you to the following companies for their continued support



Main Sponsor

Outdoor Adventure Schools residential activity centre, activity weekends, family activity holidays, surfing lessons and coasteering are all available at Outdoor Adventure based at Atlantic Court, Widemouth Bay, Bude Cornwall EX23 0DF tel 01288 362900.

General Race Information

How To Get There See map below.

Car Park Parking is available at The Crescent Car Park, Bude EX23 8LE just a short 3minute walk from Race HQ. Marshals will be on site to assist. Parking fee applies before 6.00pm.

Toilets Available at The Crescent Car Park.

Race HQ Bude Rugby Club, Bencoolen Meadow, Bude EX23 8QG.

Numbers Race numbers to be collected from Race HQ from 4pm on the day of the race. Numbers must be worn on the front of your vest and must not be folded, cut or mutilated.

Changing Facilities Showers and changing facilities will be available at Race HQ.

Health Make sure you are fit to run. Do not run if you feel unwell. If you wish to retire during the race, please tell the nearest marshal. If you have any specific health issues that would help our medical support team if you get into difficulties please record them on the reverse of your running number.

Medical Cover The RNLI Lifeguards will be providing medical cover for the event.

Retirement If you need to retire from the race please alert the nearest marshal giving your race number.

Safety Sorry, no personal head phones, or similar, and no dogs. Runners breaking this rule will be disqualified.

Studio South West Photographs will be on sale from www.studiosouthwest.co.uk

RNLI 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.

1 Mile Junior Run Information

Start/Finish The Start/Finish is at Bude Rugby Club at 6.30pm.

The Course The single lap 1 mile course is a tarmac surface using cycleway and canal towpath. It has been unofficially measured, using a surveyor's wheel to be 1mls 282yds.

Water Water will be available at the Start/Finish area. Please be sure to drink sufficient before your race.

Prizes Presentation of prizes will be 7.30pm. Results will be available on www.launcestonroadrunners.co.uk

Senior 6 Mile Course

