



Boston and District AC

Entry Form for

The Friskney Half Marathon



Accurately measured



Fast flat course Start & Finish at

The Village Hall, Friskney, Near Skegness, Lincolnshire, PE22 8RD
Sunday 9th April 2023. Start at 11.00am

2 weeks before the London Marathon, as usual.

Permit 2023-45692

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|-----------------------------|----------------------------------------|
| * Course Certificate 19/184 | * Adequate parking |
| * First aid in attendance | * Changing facilities |
| * Marshalled course | * Toilets and Showers |
| * Water Stations | * Commemorative medal to all finishers |
| * Max time limit of 3 hours | * Headphones are not permitted |

Prizes:

First men: Sen, Vet40, Vet50, Vet60
 First men's team Sen/Vet combined
 3 runners to count per team

First women: Sen, Vet40, Vet50, Vet60
 First women's team Sen/Vet combined
 3 runners to count per team

Entry Fee: £17. Discounted to £15 for affiliated runners. Minimum age 17 years

You may enter using the Run Britain website or by post.

For postal entries please make cheques payable to Boston & District AC and post with your entry form to:
 Nanette Johnson, Paddock Way, Field Lane, Friskney, Boston, Lincs, PE22 8RJ
 or make an electronic payment to: Boston & District AC, sort code 30-97-95, account number 00979085
 (please remember to post your entry form when paying electronically)

Closing date 3rd April 2023, no late entries

Enquiries: tel. 01754 820623 or www.bostonanddistrictac.com

Surname Firstname Male or Female (please circle)

Address: House number & street

Town Postcode

Telephone email

Date of birth Age on race day (Min age 17 years)

Affiliated Athletic Club or Unattached

I enclose a cheque for £..... or I have made an electronic payment of £..... on date

I declare that I am medically fit to compete and that I enter at my own risk. The organisers will not be held liable for any injury, loss or damage caused by my participation.

Signed:
 Parent's signature for runners under 18

Date