



BOSTON & DISTRICT ATHLETIC CLUB

Present

The Friskney Half Marathon

Fast flat course Start & Finish at

**The Village Hall, Friskney,
near Skegness, Lincolnshire, PE22 8RD**



Sunday 14th April 2019 start at 11.00am

2 weeks before the London Marathon, as usual

Permit pending

- * Certified measured course
- * First aid in attendance
- * Marshalled course
- * Water Stations
- * Adequate parking
- * Changing facilities
- * Toilets and Showers
- * Min age 17yrs on the day

Commemorative medal to all finishers * Max time limit of 3 hours * Headphones are not permitted

Prizes:

First Men Sen, Vet35, Vet45, Vet55, Vet 65
First men's team Sen & Vet combined
3 runners to count per team

First Women Sen, Vet35, Vet45, Vet55, Vet65
First women's team Sen & Vet combined
3 runners to count per team

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

You may enter using the Runners World 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 8th April 2019, no late entries

Enquiries: tel. 01754 820623 or email event@bostonanddistrictac.com
Further information on www.bostonanddistrictac.com

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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

Supported by

