



Boston and District AC

Entry Form for

The Poppy Run

10Km Road Race



Accurately measured



Start & Finish at:

The Village Hall, Friskney, Near Skegness, Lincolnshire, PE22 8RD
Sunday 10th November 2019. Starts at 10.00am

Permit applied for

Fast flat course * Adequate parking * First aid in attendance * Toilets
 Marshalled course * Water Station

Prizes:

First men: Sen, Vet40, Vet50, Vet60

First women: Sen, Vet40, Vet 50, Vet 60

First men's team Senior/Vet combined

First women's team Senior/Vet combined

3 runners to count per team

All finishers to receive a Poppy Appeal Medal

Entry Fees: Affiliated £15, Unaffiliated £17, Minimum Age 15 years.

Cheques made out to: Boston and District Athletic Club

BACS Payment: Lloyds Bank plc. Sort Code: 30-97-95 Account number: 00979085

Closing date 5th November or when 500 entries reached, strictly no late entries.

Enquiries: contact 01754 820623 or www.bostonanddistrictac.com

Entry forms to: Mrs. N Johnson, Paddock Way, Field Lane, Friskney, Boston, Lincs. PE22 8RL

ALL PROFIT IN AID OF
THE ROYAL BRITISH LEGION POPPY APPEAL

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The Poppy Run 10Km entry form (photocopies accepted)

Surname First name Male or Female (please circle)

Address: House number & street

Town Postcode

Telephone email

Date of birth Age on race day (Min age 15 years)

Affiliated Athletic Club or Unattached

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:

Date

Parent's signature for runners under 16