BOSTON & DISTRICT ATHLETIC CLUB
Present

The Tommy Clay Memorial 10 Mile

Fast flat course **Permit applied for**

Under UKA Rules Start/Finish in
Holbeach, Lincolnshire
Sunday 13th August 2006
11am Start

*	Adequate parking	*	First aid in attendance	*	Toilets
*	Changing facilities	*	Marshalled course	*	Water Station

Minimum age for the 10 mile race is 16 years on the day

Prizes for the 10 mile race:
First 3 men Sen, Vet 40, Vet 50 First 3 women Sen, Vet 35, Vet 45
First men's team Sen. and a Vets combined First women's team Sen and a Vets combined
Only one individual prize per runner in the category entered 3 runners to count per team

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Entry Fees: 10 mile £8 affiliated, £10 unattached – No entries on the day
Closing date 11th August – Enquiries: contact 01754 820455 or www.bostonanddistrictac.com
Entry forms to: P Arnott, Fir Tree Cottage, Low Road, Friskney, Boston, Lincs, PE22 8SG
Make cheques payable to Boston and District Athletic Club.

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Surname:	Event 10 Mile ☐		
First Name:	Sex Male ☐	Female ☐	
Address:			
Postcode:	Email:		
Tel (Home):	Tel (Work):		
Date of Birth:	Age on race day:		
Club:			
Club reference number:	Entry Fee enclosed £		

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

Signed: …….

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