



The Poppy Run 5 Mile Road Race



Fast flat course

Start/Finish at

Finnforest Boston Arena

Boardsides, Sleaford Road, Boston, Lincolnshire

Sunday 9th November 2008 5 mile race starts at 11.00am

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

Prizes for the 5 mile race:

First 3 men Sen, Vet40, Vet50, Vet60

First 3 women Sen, Vet35, Vet45, Vet55

First men's team Senior/Vet combined

First women's team Senior/Vet combined

Only one individual prize per runner in the category entered

3 runners to count per team

All finishers to receive a Poppy Run memento

Entry Fees: 5 mile £12

Cheques made out to: Poppy Run/Just Athletics

Closing date 7th November or when 1000 entries reached, strictly no late entries.

Enquiries: contact 01754 820455 or www.bostonanddistrictac.com

Entry forms to: P Arnott, Fir Tree Cottage, Low Road, Friskney, Boston, Lincs, PE22 8SG

IN AID OF THE ROYAL BRITISH LEGION **POPPY APPEAL**

✂

Surname:	Sex Male <input type="checkbox"/>	Female <input type="checkbox"/>
First Name:	5 Mile <input type="checkbox"/>	Age Group
Address:		
Postcode:	Email:	
Tel (Home):	Tel (Work):	
Date of Birth:	Age on race day:	
Club:	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:

Parent's signature for runners under 16

Supported by

finnforest



The Poppy Fun Run For the Family



**Supporting the 5 Mile Road Race
Finnforest Athletic Arena Boston**

Boardsides, Sleaford Road,
Boston, Lincolnshire

Sunday 9th November 2008

Fun Run starts at 9:30am

Poppy 4 mile Fun Run memento to all finishers

No individual prizes as per UKA rules

Adequate parking First aid in attendance Toilets Changing facilities
Approximately Four Miles Well Marshalled Water Stations

IN AID OF THE ROYAL BRITISH LEGION

POPPY APPEAL

Entry Fee: £5 Cheques made out to: Poppy Run/Just Athletics

Closing date 7th November, no entries on the day. Enquiries: contact 01754 820455 or

www.bostonanddistrictac.com

Entry forms to: P Arnott, Fir Tree Cottage, Low Road, Friskney, Boston, Lincs, PE22 8SG



Surname:		First Name	
Address:			
Postcode:	Email:		
Tel (Home):	Tel (Work):		
Date of Birth:	Age on race day:		
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:

Parent's signature if under 16 years old.

Supported by **finnforest**