

# BOSTON & DISTRICT ATHLETIC CLUB



Present

## The Friskney Half Marathon

Flat fast course

Permit No (applied for)

Start/Finish at

**The Village Hall, Friskney, near Skegness, Lincolnshire.**

**Sunday 12th April 2009 Start 11.00am**

- \* Certified measured course
- \* First aid in attendance
- \* Marshalled course
- \* Water Stations
- Commemorative medal to all finishers
- \* Adequate parking
- \* Changing facilities
- \* Toilets and Showers
- \* Min age for Half Marathon 17yrs on the day

Prizes:

First 3 men U20, Sen, Vet40, Vet50, Vet60

First 3 women U20, Sen, Vet35, Vet45, Vet55

First men's team U20, Sen, Vet combined

First women's team U20, Sen, Vet combined

Only one individual prize per runner in the category entered

3 runners to count per team

**Entry Fees:- Half Marathon £10 affiliated, £12 unattached**

**No late entries. Closing date 9th April 2009**

**Enquiries: contact 01754 820455 or [www.bostonanddistrictac.com](http://www.bostonanddistrictac.com)**



Surname:		Sex	Male <input type="checkbox"/>	Female <input type="checkbox"/>
First Name:	Age group			
Address:				
Postcode:		Email:		
Tel (Home):		Tel (Work):		
Date of Birth:		Age on race day:		
Club:		Entry Fee enclosed £		

**Entry forms to:- Just Athletics, Fir Tree Cottage, Low Road, Friskney, Boston, Lincs, PE22 8SG  
Please make cheques payable to Just Athletics.**

Signed: .....

*Supported by*

