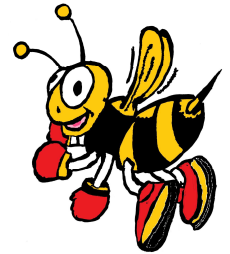




FRIDAY FIVES



Organised by the Boston & District Athletic Club

Commencing Friday 7th June 2013 a series of races for all standards will take place starting at the B-Hive on Punchbowl Lane, Boston, Lincs, PE20 3SB

**There will be eight “Friday Fives” races
Starting at 7pm on the following dates:
June 7th, 14th, 21st, July 12th, 19th, 26th, August 9th & 16th**

**The first 3 races will be 5 Km, races 4, 5 & 6 will be 5 miles
and the last 2 races will be 5 Km**

**Entries on the day from 6pm until 6.45pm £5 per race
or enter all eight races for £25**

Minimum age 15 years

Enquiries: contact 01754 820455 or www.bostonanddistrictac.com

Please makes cheques payable to BDAC

Postal entries to be sent to:

Nanette Johnson, Paddock Way, Field Lane, Friskney, Boston, Lincs, PE22 8RL

✂ -----

Surname Firstname Male or Female (please circle)

Address: House number & street

Town Postcode

Tel home Tel work

Date of birth email

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 18