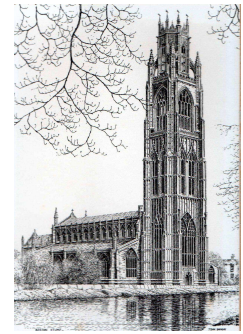




BOSTON & DISTRICT ATHLETIC CLUB



Present
Cathedral to Castledyke

The Len Medlock Memorial Lincoln to Boston Challenge

Run or walk and raise funds for Help for Heroes and the Lincolnshire & Nottinghamshire Air Ambulance

Sunday 20th October 2013 starting at 8.00am

Are you up to the challenge of this 30 mile event?

Starting in Lincoln and finishing at Castledyke Equestrian Centre, Boston.
The event closes at 7.30pm

2/3rds of the route is traffic free on foot-paths mainly on the riverbank

Adequate parking * Full medical support * Water Stations * Electronic chip timing
Commemorative medal to all finishers * Trophy for 1st man and 1st woman

This is your opportunity to take part in the first Lincoln to Boston Challenge

Entry Fee: £30 per person. Please make cheques payable to Boston & District AC

Raise over £100 of sponsorship for the charities below and they will refund your entry fee

Enquiries: phone 01754 820455 or www.bostonanddistrictac.com

Closing date for entries is the 17th October. Entry forms to be sent to:

Boston & District AC, Fir Tree Cottage, Low Road, Friskney, Boston, Lincs, PE22 8SG



All sponsorship money will be shared between the two nominated charities in the following ratio:
Help for Heroes 40% and Lincolnshire & Nottinghamshire Air Ambulance 60%



Lincolnshire & Nottinghamshire Air Ambulance
Registered Charity No 1017501

Unique Event ID: 30130606-8448-9520

Surname Firstname Male or Female (please circle)

Address: House number & street

Town Postcode

Telephone email

Date of birth Age on day of event

Do you need transport from Boston to the start? Yes / No Do you need transport from the finish back to Lincoln? Yes / No

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:

Parent's signature for runners under 18

Date

Supported by

