



BOSTON & DISTRICT ATHLETIC CLUB

Present

The Friskney Half Marathon



Fast flat course Start & Finish at

**The Village Hall, Friskney,
near Skegness, Lincolnshire, PE22 8RD**

Sunday 30th March 2014 start at 11.00am

2 weeks before the London Marathon

- | | |
|-----------------------------|----------------------------|
| * Certified measured course | * Adequate parking |
| * First aid in attendance | * Changing facilities |
| * Marshalled course | * Toilets and Showers |
| * Water Stations | * Min age 17yrs on the day |

Commemorative medal to all finishers

Prizes:

First 3 men Sen, Vet40, Vet50, Vet60

First 3 women Sen, Vet40, Vet50, Vet60

First men's team Sen & Vet combined

First women's team Sen & Vet combined

Only one individual prize per runner in the category entered 3 runners to count per team

Entry Fee: £15. Please makes cheques payable to Just Athletics

Closing date 24th March 2014, no late entries

Enquiries: contact 01754 820455 or www.bostonanddistrictac.com

Entry forms to:

Just Athletics, Fir Tree Cottage, Low Road, Friskney, Boston, Lincs, PE22 8SG

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Surname Firstname Male or Female (please circle)

Address: House number & street

Town Postcode

Telephone email

Date of birth Age on race day (Min age 17 years)

Affiliated Athletic Club or Unattached

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

