



The Len Medlock Memorial Lincoln to Boston Challenge

Run or walk and raise funds for
The Ryan Smith Foundation and the Lincolnshire & Nottinghamshire Air
Ambulance

Are you up to the challenge of this 32 mile event?

Starting in Lincoln and finishing at Castledyke Equestrian Centre, Boston.
The event closes at 9pm

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

Sunday 3rd August 2014 starting at 8.00am

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

This is your opportunity to take part in the first Lincoln to Boston Challenge and raise funds for two
great charities

Entry Fee: £30 per person. Please make cheques payable to Just Athletics
Maximum number of entries 1000. Minimum age 15

Enquiries: phone 01754 820455 or www.bostonanddistrictac.com

Closing date for entries is the 25th July. Entry forms to be sent 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 day of event	

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/walkers under 18

Date

Supported by

