

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 12th April 2015 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 Men Sen, Vet40, Vet50, Vet60 — First Women Sen, Vet35, Vet45, Vet55

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

Maximum time limit of 3 hours

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

Closing date 6th April 2015, 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: …… Date ……
Parent's signature for runners under 18

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