



Bude



Lifeboat Run

Junior



Held under UKA Rules

UKA Licence N° 2018-31851

Sponsored by



outdooradventure.co.uk

With kind support from



Wednesday 13th June 2018

6.00pm Start for School Years 3 & Under

6.30pm Start for School Years 4 & Above

A 1 mile race for all aged 15 and Under, around cycleway, canal towpath and playing fields



Includes Senior 6 Mile Race at 7.15pm for age 15 and Above
Entry forms, online entry and information at www.buderats.co.uk
www.facebook.com/budelifebboatrun



CLOSING DATE FOR ENTRIES: 6:00pm Monday 11th June 2018
NO ENTRIES ACCEPTED AFTER THIS DATE AND NO ENTRIES ON THE DAY



Location: Start and Finish from Bude Rugby Club, Bencoolen Meadow, Bude EX23 8QG
Fully marshalled by RNLI supporters
Changing, Showers, Bag storage, BBQ
Numbers to be collected from Race HQ on Race Day from 4pm
Race limited to 200 runners for each Start, enter early to avoid disappointment



Car Parking **No Parking at Rugby Club.** Parking provided at the Crescent car park by Bude TIC

Race Awards First 3 Male and First 3 Female finishers:
School Years: 1 & Under, 2, 3, 4, 5, 6, 7 & Above
Schools Trophy to be awarded to the school with the highest proportion of entries as a percentage of total pupils



Finishers Medal to all finishers

Online Entries *Card payment* £5.00 Go to www.buderats.co.uk

Postal Entries *Cash/cheque* £5.00 Completed entry form and £5 fee payable to 'RNLI' before 6.00pm 11th June 2018 (or sooner if race limit is reached) to:
Race Director, 18A Stapleton Road, Bude, Cornwall EX23 8TS Tel 01288 352884



BUDE LIFEBOAT JUNIOR RUN 2018 - Entry form for postal entries only

If you would prefer to enter and pay online you can do so via the website www.buderats.co.uk By entering online you will receive an immediate confirmation of entry.

First Name _____ Surname _____ Male / Female

Address _____

Post Code _____ Telephone _____

School _____ School Year _____ Date of Birth _____

E-mail Address (must be provided) _____

I am happy to be emailed by Bude Lifeboat Run about future BLR information, race dates and results

If you would like a RNLI sponsor form please tick here

DATA PROTECTION: The information you supply will be used solely for the purpose of race results, information and identification for health and safety reasons. The information will only be available to the members of the results team and appropriate race officials and will not be passed to any other persons or agencies.

DECLARATION I declare that the above entrant is medically fit to run this event, will abide by UK Athletics Rules and will in no way hold the organisers responsible for injury, accident or loss of property resulting from participation in this event.

Signed (Parent/Guardian) _____ Date _____