



# Bude



# Junior Lifeboat Run



Held under UKA Rules

UKA Licence No 2019-35950

Proudly sponsored by Bott Ltd



Workplace Storage & In-Vehicle Equipment

## Wednesday 12<sup>th</sup> June 2019

### 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](http://www.buderats.co.uk)

[www.facebook.com/budelifeboatrunc](http://www.facebook.com/budelifeboatrunc)

**CLOSING DATE FOR ENTRIES: 6:00pm Monday 10<sup>th</sup> June 2019**

*Or sooner if race limit is reached*

**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 beside 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](http://www.buderats.co.uk)

Postal Entries

**Cash/cheque** £5.00 Completed entry form and £5 fee payable to 'RNLI' before 6.00pm

10<sup>th</sup> June 2019 (or sooner if race limit is reached) to:

Race Director, 18A Stapleton Road, Bude, Cornwall EX23 8TS Tel 01288 352884

For all enquiries please email: [budelifeboatrunc@yahoo.co.uk](mailto:budelifeboatrunc@yahoo.co.uk)

With kind support from



## BUDE LIFEBOAT JUNIOR RUN 2019 - 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](http://www.buderats.co.uk) By entering online you will receive an immediate confirmation of entry

First Name \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_ Male / Female \_\_\_\_\_ Date of Birth \_\_\_\_\_ Telephone \_\_\_\_\_

School \_\_\_\_\_ School Year \_\_\_\_\_

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 members of the results team and appropriate race officials and will not be passed to any other persons or agencies.

DECLARATION I understand that whilst the organisers will make every effort to ensure the entrant's safety, I accept the risks involved and they will not be responsible for any injury, illness, loss or damage suffered by the entrant whilst participating in this event. I further declare that the entrant will be medically fit on 12th June 2019 and abide by the UK Athletics Rules for this event. I also understand that the wearing of headphones is strictly prohibited and will result in the entrant's immediate disqualification.

Signed (Parent/Guardian) \_\_\_\_\_ Date \_\_\_\_\_