



# Bude Lifeboat Run



Held under UKA Rules  
UKA Licence No 2017-26697

Sponsored by  **outdooradventure.co.uk**

With kind support from



## Wednesday 14<sup>th</sup> June 2017 at 7.15pm

This is the 9<sup>th</sup> running of this 6 mile race around Bude's cycleway, canal towpath and off road footpaths

Includes Junior 1 Mile Race at 6.30pm for all ages up to 15 on the day

Entry forms, online entry and information at [www.buderats.co.uk](http://www.buderats.co.uk)

[www.facebook.com/Budelifelifeboatrun](https://www.facebook.com/Budelifelifeboatrun)



Location:

Start/Finish/Race HQ - Bude Rugby Club, Bencoolen Meadow, Bude EX23 8QG

Fully marshalled by RNLI supporters

Race HQ, Changing, Showers, Bag storage, Bar, BBQ

Race limited to 400 runners, enter early to avoid disappointment

CLOSING DATE FOR POSTAL ENTRIES: Monday 12<sup>th</sup> June 2017

Car Park

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

Race Awards

Maximum 1 individual prize per runner

First 3 Male and First 3 Female finishers

Male First 3: u35, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70+

Female First 3: u35, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64 and 65+

MALE and FEMALE TEAM - First UKA Affiliated Running Club (first 4 to count)

NON RUN CLUB TEAM - First Non-Running Club or Team (first 4 mixed to count)

Finishers

Memento to all finishers

Age

Minimum age 15 on race day

**Online Entries** Go to [www.buderats.co.uk](http://www.buderats.co.uk)

**Postal Entries** Completed entry form and fee payable to 'RNLI' before Monday 14<sup>th</sup> June 2017 to:

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

£10 Registered runners with UKA (current Registration Number required)

£12 All other runners

£2 Extra £2 for on the day entries

Enquiries please email: [budelifelifeboatrun@yahoo.co.uk](mailto:budelifelifeboatrun@yahoo.co.uk)

MTRS

Race 7 of 10 in the Cornish Multi Terrain Race Series

### BUDE LIFEBOAT RUN 2017 - 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 \_\_\_\_\_ Male / Female

Address \_\_\_\_\_ Date of Birth \_\_\_\_\_

Post Code \_\_\_\_\_

E-mail Address \_\_\_\_\_ Telephone \_\_\_\_\_

UKA Registered Athlete? **If YES, UKA Registration No.** \_\_\_\_\_ Club or Team Name \_\_\_\_\_

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 while the organisers will make every effort to ensure my safety, I accept the risks involved and they will not be responsible for any injury, illness, loss or damage suffered by me whilst participating in this event. I further declare that I will be medically fit, over 15 years of age on 14<sup>th</sup> June 2017 and abide by the UK Athletics rules for this event.

Signed \_\_\_\_\_ Date \_\_\_\_\_