



# Bude Lifeboat Run



Held under UKA Rules

Sponsored by  outdooradventure.co.uk

With kind support from

UKA Licence No 2018-31851

## Wednesday 13<sup>th</sup> June 2018 at 7.15pm

This is the 10<sup>th</sup> running of this 6 mile race around Bude's cycleway, canal towpath and off road footpaths

Includes Junior 1 Mile Races at 6.00pm and 6.30pm

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

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



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 450 runners, enter early to avoid disappointment

CLOSING DATE FOR POSTAL ENTRIES: Monday 11<sup>th</sup> June 2018

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

Finishers

Technical T-Shirt to all finishers. Enter before 13<sup>th</sup> May 2018 to guarantee your size

Age

Minimum age 15 on race day

Online Entries

**Card payment** Go to [www.buderats.co.uk](http://www.buderats.co.uk)

Postal Entries

**Cash/cheque** Completed entry form and fee payable to 'RNLI' before Monday 11<sup>th</sup> June 2018 (or sooner if race limit is reached) to:

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

£12 Registered runners with UKA (current Registration Number required)

£14 All other runners

£2 Extra £2 for on the day entries

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

MTRS

Race 7 of 10 in the Cornish Multi Terrain Race Series



### BUDE LIFEBOAT 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](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 \_\_\_\_\_ Telephone \_\_\_\_\_

E-mail Address (must be provided) \_\_\_\_\_

UKA Registered Athlete? If YES, UKA Registration No. \_\_\_\_\_ Running Club \_\_\_\_\_

T-Shirt size (for entries before 13<sup>th</sup> May)  S  M  L  XL Non Running Club Team \_\_\_\_\_

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 13<sup>th</sup> June 2018 and abide by the UK Athletics rules for this event.

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