



Bude Lifeboat Run



Held under UKA Rules
UKA Licence No 2019-35950

Proudly sponsored by Bott Ltd



Workplace Storage & In-Vehicle Equipment

Wednesday 12th June 2019 at 7.15pm

This is the 17th 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

www.facebook.com/Budelifebotrun



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

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)

Finishers

Memento to all finishers

Safety

No earphones, iPods, personal stereos or similar are allowed to be worn. The course is not suitable for wheelchair users. No dogs allowed on Rugby Club premises or to run in the race.

Age

Minimum age 15 on race day

Online Entries

Card payment Go to www.buderats.co.uk

Postal Entries

Cash/cheque Completed entry form and fee, payable to 'RNLI' to

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

CLOSING DATE FOR POSTAL ENTRIES: Monday 10th June 2019 (or sooner if race limit is reached)

£13 Registered runners with UKA (current Registration Number required)

£15 All other runners

£2 Extra £2 for on the day entries

Enquiries

Email: budelifebotrun@yahoo.co.uk

MTRS



Race 8 of 10 in the Cornish Multi Terrain Race Series

With kind support from



BUDE LIFEBOAT 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 By entering online you will receive an immediate confirmation of entry.

First Name _____ Surname _____

Address _____

Post Code _____ Male / Female _____ Date of Birth _____ Telephone _____

E-mail Address (must be provided) _____

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

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 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 12th June 2019 and abide by UK Athletics Rules for this event. I also understand that the wearing of headphones is strictly prohibited and will result in my immediate disqualification.

Signed _____ Date _____