

Bude Pirate Run

BUDE RATS
RUN AND TRI



Sunday 10th September 2017 - Start 10.30am

8ish miles of outstanding trails and coastal scenery and lots of hills. Start and finish at Tommy Jacks Beach Hotel in Bude

Prizes for: First 3 Males / First 3 Females

First Male over 40 / over 45 / over 50 / over 55 / over 60

First Female over 35 / over 40 / over 45 / over 50 / over 55 / over 60

Pirate bounty for all finishers plus grog and grub in the hotel after.

Race limit of 200 - minimum age 18 - sorry no dogs.

Name	Age on Race Day	
Address	Sex (M/F)	
Email Address	ARC or EA Affiliated (Y/N)	
Phone	Club	
Signature		
<p>Declaration: In signing this entry form and participating in this event, I accept that the organisers will not be liable for any injury, loss, damage, action claim, costs or expenses which may arise as a consequence of participation in this event. I declare that I will not compete in this race unless I am in good health on the day & in any event I will only compete at my own risk.</p>		
Entry Fee	£11 for EA or ARC Affiliated []	£2 extra for entries on the day if available
Please Tick	£13 for Non Affiliated []	
<p>Send Entries to: Mark Hutcheson, Springfield, Poughill Road, Bude, EX23 8NZ Tel : 01288 488160, Email: mhutch1@hotmail.co.uk</p> <p>Cheques should be made payable to 'Bude Rats' Closing date for postal entries is Tuesday 5th September 2017.</p>		
<p style="text-align: center;">Race to be run under ARC Rules – Race Permit applied for</p>		

*For more information and
online entries go to
Buderats.co.uk*

Sponsored by

BEACH HOTEL 17
**Tommy
Jacks**

