

# BOSTON & DISTRICT ATHLETIC CLUB

Present

## The Friskney Half Marathon

Flat fast course

Permit No tba

Start/Finish at

**The Village Hall, Friskney, near Skegness, Lincolnshire**

**Sunday 30<sup>th</sup> March 2008 Start 11.00am**

- |                             |  |
|-----------------------------|--|
| * Certified measured course | * Adequate parking                           |
| * First aid in attendance   | * Changing facilities                        |
| * Marshalled course         | * Toilets and Showers                        |
| * Water Stations            | * Min age for Half Marathon 17yrs on the day |
| * T shirt to all finishers  |  |

Prizes:

First 3 men Sen, Vet40, Vet50, Vet60

First 3 women Sen, Vet35, Vet45, Vet55

First men's Sen team & Vet combined team

First women's Sen team & Vet combined team

Only one individual prize per runner in the category entered

3 runners to count per team

**Entry Fees: £10 affiliated, £12 unattached**

**No late entries. Closing date 28th March 2008**

**Enquiries: contact 01754 820455 or [www.bostonanddistrictac.com](http://www.bostonanddistrictac.com)**



Surname:	First Name:	Male <input type="checkbox"/>	Female <input type="checkbox"/>
Address:			
Postcode:		Email:	
Tel (Home):		Tel (Work):	
Date of Birth:		Age group	
Club reference number:		Entry Fee enclosed £	

**Please make cheques payable to Boston and District AC.**

**Entry forms to:**

**P Arnott, Boston and District AC, Fir Tree Cottage, Low Road, Friskney, Boston, Lincs, PE22 8SG**

I declare that I am medically fit to compete and that I enter at my own risk. The organisers will not be responsible for any injury, loss or damage caused by my participation.

Signed: .....

*Supported by*

**finnforest**