The Original Poppy Run
5 Miles Road Race

Fast flat course **Start/Finish at:-**

The B-Hive

Punchbowl Lane, Boston, Lincolnshire

Sunday 10th November 2013

The Poppy Run Starts at 11.00am

* Adequate parking * First aid in attendance * Toilets *
* Marshalled course * Water Station *

Prizes for the 5 mile race:

First 3 men Sen, Vet 50, Vet 65 First 3 women Sen, Vet 50, Vet 65
First men's team Senior/Vet combined First women's team Senior/Vet combined
Only one individual prize per runner in the category entered. 3 runners to count per team
All finishers to receive a Poppy Appeal Medal

Entry Fees: 5 miles £10, Minimum Age 15 years.

Cheques made out to: Poppy Run/Just Athletics
Closing date 8th November or when 500 entries reached.
Enquiries: contact 01754 820455 or www.bostonanddistrictac.com
Entry forms to: P Arnott, Fir Tree Cottage, Low Road, Friskney, Boston, Lincs, PE22 8SG

ALL PROFIT IN AID OF THE ROYAL BRITISH LEGION POPPY APPEAL

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Surname:	Sex Male ☐	Female ☐
First Name:	5 Mile ☐	Age Group
Address:		
Postcode:	Email:	
Tel (Home):	Tel (Work):	
Date of Birth:	Age on race day:	
Club:	Entry Fee enclosed £	

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: …….
Parent's signature for runners under 16

Supported by MetsäWood

The Original Poppy Fun Run For the Family

The B-Hive,
Punchbowl Lane, Boston, Lincolnshire

Sunday 10th November 2012

Fun Run starts at 10:00am All Age Groups welcome

Poppy Fun Run 3 miles 5Km approx.

Poppy Medal to All finishers

No individual prizes as per UKA rules

Adequate parking First aid in attendance Toilets
Well Marshalled Water Station

ALL PROFIT IN AID OF THE ROYAL BRITISH LEGION POPPY APPEAL

Entry Fee: £5 Cheques made out to: Poppy Run/Just Athletics
Closing date 8th November, Enquiries: contact 01754 820455 or
www.bostonanddistrictac.com
Entry forms to: P Arnott, Fir Tree Cottage, Low Road, Friskney, Boston, Lincs, PE22 8SG

✂ ----------

Surname:	First Name	
Address:		
Postcode:	Email:	
Tel (Home):	Tel (Work):	
Date of Birth:	Age on race day:	
Entry Fee enclosed £		

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: …….
Parent's signature if under 16 years old.

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