



St John
Ambulance



**THE BOCONNOC RACE
and 1 MILE FUN RUN
Thursday 4th July 2013, 7.15pm
Race 6 of the Cornish Multi –Terrain Race Series**



Undulating, 5 Mile Multi – Terrain Course in the beautiful
Boconnoc Estate, Nr Lostwithiel

By Kind permission of Mr & Mrs Anthony Fortescue
Under UK Athletic Rules : Licence Number 2013-105702

Entry Fees : 5 Mile Affiliated £10. / Unaffiliated £12 (£2 surcharge on day)
Fun Run (6.30pm): 1 mile - £3

Main Race Prize List - 1st 3 Male and Female

1st 3 Male Under 20, 1st 3 Male Vet 35, 40, 45, 50, 55, 60, 65, 70

1st 3 Female Under 20, 1st 3 Female Vet 35, 40, 45, 50, 55, 60

1st 3 Male Teams (4 to count) and 1st 3 Female Teams (4 to count)

Quality Memento to all finishers

Race Numbers sponsored by Personal Best Running, St Austell

Race Organisers, St Austell Running Club

With all Race Proceeds to St John Ambulance

For entry form and results www.staustellrunningclub.co.uk



National Trust

St John
Ambulance



The Boconnoc Race
Boconnoc Estate, Middle Taphouse entrance, Nr Lostwithiel PL22 0RG
Thursday 4th July 2013, 7:15pm
(Fun Run 6:30 pm)
5 MILE ENTRY FORM

FIRST NAME.....SURNAME.....

ADDRESS.....

POSTCODE.....TELEPHONE.....

E-MAIL ADDRESS.....

AGE.....DATE OF BIRTH (Minimum age 15 years for 5 miles) M/F

AFFILIATED: YES/NO..... UK ATHLETICS RACE NUMBER.....

RUNNING CLUB.....

DATA PROTECTION: The information provided by you on this form will be used solely for the purpose of race results 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 person or agency.

DECLARATION: I declare that I will abide by the rules of the race and will follow any instructions given by event officials. I accept that the organisers will not be liable for any loss, damage, cost or expense which may arise as a consequence of my participation in this event. I declare that I will not compete in the event unless, to the best of my knowledge, I am in good health on the day and that I am competing at my own risk.

Signed..... Date.....

Entry Fees : 5 mile Affiliated £10 (.....) / Unaffiliated £12 (.....) Please tick appropriate box Entries on day accepted with a £2 surcharge

Please return completed entry form to : Michele Lobb
'Oak Ridge', Rose view Farm, Little Polgooth, St Austell, Cornwall.PL26 7DD

E-mail entries to Michele.lobb@talk21.com

Please make cheques payable to "St John Ambulance"

Race Numbers to be collected at Registration on the day.
Race enquiries to :Doug Alsop tremodrett@talktalk.net
Proceeds from this event will go towards providing first aid and care in local communities.