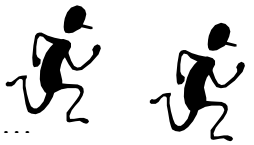
Run for the Lifeboats

Lifeboats

A charity registered in England, Scotland and the Republic of Ireland

Lymington 10k

Now in its 11th year this run takes place in the beautiful coastal location of Lymington, Hampshire. The course meanders down country lanes and the flat coastal path along the sea wall with fantastic views across the Solent to the Isle of Wight.



Sunday 13 May, 2012 : 10.00am

Start and Finish in Woodside Park, Ridgeway Lane, Lymington, Hampshire SO41 8FP

Car parking, changing, toilets, showers and refreshments

(please do not come by car if practical)

Entry Fee: £12 (online) and £13 (post) – minimum age 15 years

Race limit – 1300 runners - Enter early to avoid disappointment

Please enter online www.frsystems.co.uk/lymington10k

POSTAL ENTRY DEADLINE MAY 8th – NO ENTRIES ON THE DAY

Entry confirmation will be sent to all runners who provide an email address

Trophies and prizes for category winners and all competitors will receive a medal.
All proceeds go to Lymington Lifeboat Station crew training and operating costs

More information and sponsor forms will be sent with your race number and 'chip' in April, 2012

Raise sponsorship online at www.virginmoneygiving.com or www.justgiving.com

Runners raising sponsorship of £25 or more will be entered in a draw for super prizes. The runner raising the most sponsorship will receive a voucher for Dinner for 2 at Chewton Glen Hotel, other prizes include dinners for 2 at local restaurants, fast rib trips to the Needles, exercise trip on Yarmouth's Severn class lifeboat and more prizes

Run queries to: lymington10k@frsystems.co.uk Event hotline: 01782 398 114

PLEASE PRINT CLEARLY

Full Name: _____

Address: _____

_____

Post Code: _____

Email: _____

Contact Tel No: _____

Club / Team (if applicable): _____

D.O.B: _____ Age on race day: _____

Male / Female

SAE is not required. Please return form to:

Lymington Lifeboat 10K
PO Box 512
Cheadle
Stoke on Trent ST10 4RJ

I enclose £13 for race entry and a donation of

£ _____ to the Lifeboats. Total enclosed £ _____

I agree to abide by the current laws and rules of competition of UK athletics. I declare that I am fit to run at my own risk, and that organisers will not be held responsible for any loss, injury or damage that may occur as a result of my participation.

☐ Tick here to increase the value of your **donation** by 25% through Gift Aid. For every £1 you give us we get an extra 25p from the Inland Revenue. To qualify, what you pay in income tax must at least equal the amount we will claim on your donation(s) in the tax year. Race fees do not qualify for Gift Aid

Cheques should be made payable to: '**RNLI Lymington'**

Signed: _____ Date: _____

To enable you to participate in this run your details will be administered by FR Systems on behalf of the RNLI. The RNLI's policy is never to sell or swap your information with other organisations. Your details will be used by the RNLI and RNLI trading companies only. If you do not want to receive information about other ways to support the RNLI, please tick here ☐