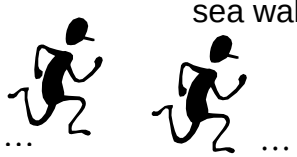
Run for the Lifeboats

Lymington 10k

Lifeboats

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

Now in its 9th 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 9th May, 2010 : 10.00am

NOW WITH 'CHIP TIMING'

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

Car parking and limited changing, toilets, showers

Entry Fee: £11 – minimum age 15 years

Race limit – 1000 runners - Please enter early to avoid disappointment

POSTAL ENTRY DEADLINE MAY 3RD – POSITIVELY NO ENTRIES ON THE DAY

NB: Check entry status on www . jandresults . co . uk

Trophies and prizes for category winners. All competitors will receive a medal.
Proceeds in aid of Lymington Lifeboat Station crew training and operating costs

More information will be sent out with your race number and 'chip' in April. For sponsorship please use 'Just Giving' **www . justgiving . com/rnli/raisemoney** when prompted chose **Lymington 10K**

PLEASE PRINT CLEARLY

Full Name: _____

Address: _____

_____

_____

_____Post Code: _____

Email: _____

Contact Tel No: _____

Name of Club (if applicable): _____

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

Male / Female

No SAE is required. Please return form to:

JAND Results
Lymington 10K
14, Salmons Leap
Calne
Wiltshire SN11 9EU

Entry confirmation online
www . jandresults . co . uk

I enclose £11 for race entry and a donation of

£ _____ to the Lifeboats. Total enclosed £ _____

☐ Tick here to increase the value of your donation by 28% through Gift Aid. For every £1 you give us we get an extra 28p 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.

Cheques should be made payable to:

'RNLI (Lymington 10K)'

Signed: _____ Date: _____

To enable you to participate in this run your details will be administered by JAND Results 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 ☐