

Longden Lung Buster Race

Organised by Longden Parish Play Area

www.lungbuster.uk

Under UKA rules –Licence 2019-32254

Sunday 12th May, 2019

Venue: Longden Village Hall, Longden, Shrewsbury, SY5 8EX

Lung Buster Distance: 10K (approximate) – Trail Run/Walk (No Dogs)

Leg Stretcher Distance: 5K (approximate) – Run/Walk +Dog

Longden 1K Run: 1K – Run ~ Children & their Carers

Entry Fees: 10K Lung Buster: £10 before Friday, 10th May at 23.00 Hrs. £12 on the Day

5K Longden Leg Stretch Run/Walk+1Dog: £5, under12's Free

1K Run: £3

Longden is 5 miles South of Shrewsbury on the B4383.

Ample free Car Parking, Refreshments.

In aid of Longden Parish Play Areas

Enter online: paypal.me/longdenplayareas

Please note race numbers will be given out on the day; acknowledgement of pre-entries will be by email

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or Postal Entry: Longden Lung Buster Sunday, 12th May, 2019

Closing date for postal entries: Friday, 10th May, 2019

Name:	Age:
Adress:	Date of Birth:
	M/F
Club:	Tel:
E:mail:	Mobile:

I declare that I am fit and that I am competing in the above race at my own risk and I agree that the organisers cannot accept any liability for any accident or damage suffered as a consequence of my taking part. Any medical conditions should be listed on the back of the running number

Signed (parent if under 16 yrs) **Date.....**

Send with cheque payment to:

Paul Carter, Bitterley Cottage, Longden Common, Shrewsbury SY5 8AE.

(e-mail: pc.longdenplayareas@outlook.com)