

POOLE ATHLETIC CLUB



ROUND THE LAKES 10K

UK Athletics licence number *applied for*
Course Accuracy Certificate South of England 12/356



POOLE PARK (Cricket Pavilion)
Wednesday December 26th 2018 10:30 am.

A chance to remove the excesses of Christmas Day! Run, jog, stagger
around this fast flat accurate 10k course. Bottle of wine to all finishers.

PRIZES

First	Second	Third	Male & Female	First	Senior Women
First	Senior Men			First	W35
First	M40			First	W45
First	M50			First	W55
First	M60			First	W65
First	M70			First	under 20F
First	under 20M				First female team (3 to count)
First male team (3 to count)					

Runners can be counted in *only one class* (other than team prize).

Closing Postal Date 14th December 2018, or 21st December 2018 for online entries.

Enter online via www.pooleac.co.uk/round-the-lakes-10k

Entries on day, if race not full in advance

(Numbers will be held for collection on race day)

Regrettably course unsuitable for wheelchairs.

www.pooleac.co.uk

Non – refundable entry fee offline: £13 UKA affiliated/£15 unaffiliated -
On the day plus £2. All numbers to be collected on the day.



Official use only

POOLE
Athletic Club
(Founded 1897)

****** ROUND THE LAKES 10K 2018 ENTRY FORM ******

SURNAME _____ **FORENAME** _____

POSTAL ADDRESS _____

TOWN _____ **COUNTY** _____

POSTCODE _____ **GENDER (M/F)** _____

DATE OF BIRTH _____ **AGE ON 26.12.18** _____

e-mail address _____

Telephone number including STD code _____

UK Athletics Affiliated Club _____

England Athletics Member Number _____

Poole AC entrants only: You are expected to nominate someone who will help out on race day on your behalf. Please give their name and contact number here.

I declare that I am an amateur as defined by UK Athletics and will abide by the current laws of competition of UK Athletics and any other decisions made by the Race Director. I agree that I enter at my own risk and that the organisers or race officials will in no way be held responsible for any injury, illness, accident, loss or damage as a consequence of my participation. I also understand that no refund can be given in the event that the race is cancelled due to circumstances outside the organiser's control, or if I am unable to compete due to illness or injury. I confirm that I will be 15 years old or over by the date of the race.

Data Protection Act: By submitting this entry form you agree that your name and affiliation will be included in the publicly accessible entry list on successful entry into the event.

You agree that we may publish and retain your Personal Information as part of the results of the event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, photos, any club affiliation, race times, occupation and age category.

SIGNATURE _____ **DATE** _____

(MUST BE SIGNED BY ABOVE NAMED RUNNER)

NOTE: REGRET NO DOGS OR BUGGIES WILL BE PERMITTED IN THE ROUND THE LAKES 10K
Send completed entry form, cheque payable to "Poole Athletic Club" (£13.00 affiliated/£15.00 unaffiliated - entry on the day add £2) to:
Race Secretary, 35 Houlton Road, Poole, Dorset, BH15 2LN