

POOLE ATHLETIC CLUB

Round The Lakes Information Sheet

Location	Start at Poole Park Cricket Pavilion BH15 2SF
Start Times	Collect your numbers from 9:00am Junior fun run starts at 10:00am 10k race starts at 10:30am
Course	A fast road course, very flat
Drinks stations	You pass a drinks station 3 times
Parking	Civic centre surface car park (charges apply), Dolphin swimming pool car park (charges apply) and local roads (please park with respect to residents)
Toilets	In Cricket Pavilion
Changing	In Cricket Pavilion
Refreshments	Not available
Baggage Drop	Dry area for baggage, but left at owners risk
Headphones	Allowed, but not recommended. You must be able to hear marshal instructions
Prizes	Individual and category prizes will be handed out at the end of the race
Results	Results will be posted on the Poole AC website http://pooleac.co.uk as soon as possible after the race
Photography	There will be no official photographers, but Poole AC members will post any photos on the Poole AC Flickr pages - https://www.flickr.com/groups/2791085@N21/pool/