

MAY 5

Sunday 19th MAY – 9:30AM

Poole AC presents a 5 mile road race around Canford Heath

UK Athletics licence number TBC

Course accuracy certificate South of England pending AUKCM

Race HQ – Dorset Athletics hut next to Athletics Track

Start and finish at Ashdown track – cheer your runners in!

Overall and age category prizes

Entries by post or online at www.pooleac.co.uk/may-5

Entries on the day possible, if race not full in advance.

Numbers to be collected on the day from 8:30am

Non-refundable entry fee: £10 affiliated, £12 non-affiliated

Closing postal date 12 May 2019

(On the day entries additional £2)

NOTE: No dogs, buggies or headphones will be permitted during the race.



MAY 5 2019 ENTRY FORM

FIRST NAME _____ SURNAME _____

ADDRESS _____

TOWN _____ COUNTY _____

POSTCODE _____ GENDER M/F

DATE OF BIRTH _____ AGE ON 19.5.19 _____

EMAIL _____

TELEPHONE INCL CODE _____

UK ATHLETICS AFFILIATED CLUB _____

ENGLAND ATHLETICS MEMBER NUMBER _____

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.

By submitting this entry form I agree that Poole AC may publish and retain my 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: NO DOGS, BUGGIES OR HEADPHONES WILL BE PERMITTED IN THE MAY 5

SEND COMPLETED ENTRY FORM & CHEQUE (£10 AFFILIATED or £12 UNAFFILIATED)

PAYABLE TO "POOLE ATHLETIC CLUB" TO RACE SECRETARY – 35 HOULTON ROAD, POOLE, BH15 2LN

Postal entries must be received by 12th May 2019.