

ROUND THE LAKES THE 10K

Organised by **POOLE** *Athletic Club*

UK Athletics licence number 2021-42522

Course Accuracy Certificate South of England 12/356



POOLE PARK (Cricket Pavilion)
Sunday December 26th 2021 10:00 a.m.

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

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

Closing Postal Date 16th December, 2021 or enter online via www.pooleac.co.uk

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: £15 UKA affiliated/£17 unaffiliated - on the day plus £2
Online entries**

<https://www.runbritain.com/entries/EnterRace.aspx?evid=7ebf0bcb596e&erid=7ebd07cc5>

969

Online entries pick up number on the day

Official use only

POOLE
Athletic Club
(Founded 1897)

****** ROUND THE LAKES 10K 2021 ENTRY FORM ******

SURNAME _____ FORENAME _____

POSTAL ADDRESS _____

TOWN _____ COUNTY _____

POSTCODE _____ GENDER (M/F) _____

DATE OF BIRTH _____ AGE ON 26.12.21 _____

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 I agree that the organizers may store my entry details and results on computer disk for the purpose of race administration.

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" (£15.00 affiliated/£17.00 unaffiliated - entry on the day add £2) and 9" x 6" stamped addressed envelope to:

Race Entry Secretary, 35 Houlton Road, Poole, Dorset, BH15 2LN