

POOLE ATHLETIC CLUB



ROUND THE LAKES 10K

UK Athletics licence number 2023-45057
Course Accuracy, 22/274 (awaiting update)



POOLE PARK (Cricket Pavilion) Sunday September 24th 2023 @ 9 am.

The flat and fast round the lakes 10km makes a return summer appearance.

Pb's should be in plentiful supply!

This race will be part of the Dorset road race league for 2023

There will be a buff as a race memento for this event.

PRIZES

First Second Third Male & Female Inc free running shoes for 1st M&F from Running Free

First Senior Men

First M40

First M50

First M60

First M70

First under 20M

First male team (3 to count)

First

First

First

First

First

First

Senior Women

W35

W45

W55

W65

under 20F

First female team (3 to count)

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

Closing Postal Date 19th September 2023, or 21st September 2023 for online entries.

Transfers up to 21st September 2023

Enter online via

<https://www.runbritain.com/entries/EnterRace.aspx?evid=7bb80ecc5968&erid=78bc08c05957>

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: £16 UKA affiliated/£18 unaffiliated -

On the day plus £2. All numbers to be collected on the day.



POOLE
Athletic Club
(Founded 1897)

Official use only

**** ROUND THE LAKES 10K SUMMER 2023 ENTRY FORM ****

SURNAME _____ **FORENAME** _____

POSTAL ADDRESS _____

TOWN _____ **COUNTY** _____

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

DATE OF BIRTH _____ **AGE ON 24.09.23** _____

RELEVANT medical information _____

e-mail address _____

Telephone number _____

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" (£16.00 affiliated/£18.00
unaffiliated - entry on the day add £2) to:
Race Secretary, 35 Houlton Road, Poole, Dorset, BH15 2LN