

# ROUND THE LAKES 10K

## POOLE ATHLETIC CLUB

### POOLE PARK (Cricket Pavilion, BH15 2SP)

### Sunday April 17<sup>th</sup> 2024 9am.

Thank you for entering this year's Round the Lakes 10k race, run for the fifth time on a revised flat 3 lap course, on tarmac and gravel paths, starting near the war memorial in Poole Park. Please read the following instructions carefully.

Please arrive as late as possible to achieve your warm up and obtain race number

NUMBERS Can be picked up on the morning, limited numbers in pavilion at the same time.

Please:

- ensure your number is pinned to the front of your running vest and is clearly visible.
- write any medical problems/issues you may have on the reverse of your number, along with emergency contact details.
- do not wear someone else's number, as this could cause serious problems in an emergency and difficulties with the results. It's against UK Athletics Rules too.

#### PARKING

Nearby municipal car parks: Civic Centre (behind police station), Dolphin Swimming Pool, Parkstone road. (all pay and display) Dolphin Shopping Centre, Kingland Road (metered). There is also some local free on street parking, please park considerately. The park will be closed to traffic before and during the race.

ONLINE ENTRIES UNTIL 4/4/2024, NUMBER EXCHANGES UNTIL 4/4/2024

POSSIBLE ENTRIES ON THE DAY, POSTAL ENTRIES to be received before 4/4/2024

#### TOILETS

Cricket Pavilion,+ extra portable toilets queue outside to limit numbers. Public toilets at West gate entrance, Whitecliff and Baiter .

#### CHANGING

No changing facilities in the Cricket Pavilion, sorry no showers. Local runners are advised to change before setting out. Unmanned limited bag storage, to be accessed from outside the pavilion, please tag your bag with your run number if you wish to do this.

FIRST AID, External providers to recommended EA levels

. If you are injured or feel unwell during the race, please ask a race official for assistance.

#### PLEASE NOTE

- No dogs/pushchairs/buggies/prams.
- No headphones/personal stereos – beware faster runners behind you on the laps.
- Obey all instructions given to you by the marshals.
- Beware road bumps and some narrow paths close to the water – unsuitable for wheelchairs.
- Should you fail to complete the course, please advise an official in the finishing area
- Prize giving in the pavilion post run,.

