

# **ROUND THE LAKES 10K**

## **POOLE ATHLETIC CLUB**

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

#### **Sunday April 6<sup>th</sup> 2025 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.

NUMBERS Can be picked up on the morning, from the **Pavilion**

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 3/4/2025, NUMBER EXCHANGES UNTIL 3/4/2025**

It is unlikely there will be entries on the day

#### **TOILETS**

Portable toilets at the Cricket Pavilion, Public toilets at West field, near park run start and close to RTL start + extra public conveniences at 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, in 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 outside the pavilion post run, asap

