

POOLE ATHLETIC CLUB

ROUND THE LAKES 10K

UK Athletics licence number #tbc
Course Accuracy, 25/274



POOLE PARK (Cricket Pavilion) Sunday September 28th 2025 @ 9 am.

The flat and fast round the lakes 10km makes an Autumn appearance.
Pb's should be in plentiful supply!

PRIZES

First Second Third Male & Female Inc free running shoes to be drawn at presentation for two lucky entrants (one Male, one Female) thanks to Running Free for these fantastic prizes

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 and online entries 25th Sep 2025.

Transfers up to 25th September 2025

Online entries

<https://englandathletics.sport80.com/public/wizard/e/29728>

(Numbers will be held for collection on race day)

Regrettably course unsuitable for wheelchairs.

No Headphones

www.pooleac.co.uk

Non – refundable entry fee offline: £17 UKA affiliated/£19 unaffiliated -
On the day plus £2. All numbers to be collected on the day.

RUNEVENTS

POOLE
Athletic Club
(*Founded 1897*)

Official use only

**** ROUND THE LAKES 10K Sep 2025 ENTRY FORM ****

SURNAME _____ **FORENAME** _____

POSTAL ADDRESS _____

TOWN _____ **COUNTY** _____

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

DATE OF BIRTH _____ **AGE ON 25.09.25** _____

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, BUGGIES OR HEADPHONES WILL BE PERMITTED IN THE ROUND THE LAKES 10K

Send completed entry form, cheque payable to "Poole Athletic Club" (£17.00 affiliated/£19.00 unaffiliated - entry on the day add £2) to:

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