

ROUND THE LAKES 10K

POOLE ATHLETIC CLUB

POOLE PARK (Cricket Pavilion, BH15 2SP)

Sunday September 27th 2026 9am.

Thank you for entering this year's Round the Lakes 10k race, in Poole Park. There will be an amended faster course this year, starting and finishing near the cricket pavilion.
Please read the following instructions carefully.

NUMBERS Can be picked up on the morning, limited numbers in pavilion from 8am.
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 rd. (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 25/09/2026, NUMBER EXCHANGES UNTIL 24/09/2026
POSSIBLE ENTRIES ON THE DAY,
POSTAL ENTRIES 24/09/2026

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. Unmanned limited bag storage, in the kitchen area, please tag your bag with your run number if you wish to do this. (Stickers provided)

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

