



POOLE HOSPITAL CHARITY

Newton Magnus



# Poole10k

# 2010

Sunday 6th June 2010 • 2.00pm • Poole Park • Supporting Poole Hospital's Maternity Appeal

Licence No. 20090025

A fast, two lap course starting and finishing in Poole Park and incorporating Police Sport UK SW Region Championship. Race run under EA rules. A variety of other races including children's Minithon fun runs for all age groups and a 5K event for charity.

- Changing facilities
- Toilets
- Refreshments
- Beer Tent

Standard level of medical cover provided

Prize list includes:

- 1st prize, men and women - £300 + £100 for course record
- 2nd - 6th and U21, men and women - additional prizes
- Age category winners in 5 year bands
- 1st - 3rd, teams of 4

Full details can be seen on [www.poolerunners.com](http://www.poolerunners.com)

Course Measurement Cert. EA 07/006

Entry limited to 1500. Enter early to avoid disappointment.

### Entry Fees

- £10.00 EA registered club members
- £12.00 non registered runners
- No entries taken on race day

Race information packs will be sent out in May. Timing Chip and number will not be posted. They can be picked up either Sat 5 June from 1.00pm in Poole Park or on race day from 10am. Entries received after 21st May will not be posted - collect on day.

Details and race results: [www.poolerunners.com](http://www.poolerunners.com)

Enquiries: 01202 240214 (pm only)

For Minithons: 01202 261318

It is regretted that the course is unsuitable for wheelchairs.

Please note:

Under EA rules the use of MP3 Players and similar devices are not permitted whilst running for health and safety. By entering this event you agree that photographic and video footage may be taken by authorised personnel for both marketing purposes and the BoP website.

TEAR OFF HERE

## Poole 10k - for 15yrs or over

Surname	<input type="text"/>	Male	<input type="checkbox"/>	Female	<input type="checkbox"/>
First Name	<input type="text"/>	D.O.B	<input type="text"/>		
Address	<input type="text"/>	Age on race day	<input type="text"/>		
	<input type="text"/>	EA first claim affiliated club	<input type="text"/>		
Post code	<input type="text"/>	Reg. No.	<input type="text"/>		
Tel. incl std.	<input type="text"/>	Free event T-Shirt size (please tick)			
State medical conditions eg. Asthma	<input type="text"/>				
Email Address	<input type="text"/>				
Police Sport UK SW Region Entrant	<input type="checkbox"/> Yes	<input type="checkbox"/> No			
Force:	<input type="text"/> (police, staff or retired - delete as applicable)				

I declare that I intend to run entirely at my own risk and confirm that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation. I am an amateur and will abide by the EA rules for competition. I confirm that I will be 15 years old or over by the day of the race.

Entry fees not refundable

Data Protection Act  
By submitting this entry form I agree that the organisers may store my entry details and results on computer disk for the purpose of race administration.

<input type="text"/>	<input type="text"/>
Signature	Date

Photocopy entries of this form are acceptable  
I enclose a cheque/PO payable to

<b>POOLE RUNNERS F.O.R.</b>	
entry fee	£ <input type="text"/>
I enclose a voluntary contribution for Poole Hospital	£ <input type="text"/>
<b>Total</b>	£ <input type="text"/>

Please post cheque/PO and entry form to:

**Poole Festival of Running**  
Borough of Poole  
30 -32 Northmead Drive  
Poole, Dorset BH17 7RP

Alternatively enter online at: [www.poolerunners.com](http://www.poolerunners.com)