



THE CASTLEPOINT
FUN RUN
SUNDAY 26TH SEPTEMBER '10

ARE YOU ON THE RUN?



Get fit, get healthy, get on the run!

Sunday September 26th 2010

Littledown Sports Centre

Bournemouth 10:30am start

Run for your school, club, or as an individual.

Family race for under 8's and an adult 5K event.

Team races for all age groups.



Win a visit to your school from Olympic marathon runner Liz Yelling.

- **FREE** to enter all children's races!
- £5.00 entry for the adults 5k.
- Medals for all finishers
- Team trophies for winning teams
- All proceeds to Dorset and Somerset Air Ambulance



Race Timetable...

Please tick which box applies. You can enter as an individual or as a team.
3 runners in a team. One entry form per runner.

<input type="checkbox"/>	10.30	1 mile – Age 8 & 9 (boys and girls)
<input type="checkbox"/>	10.50	1 mile – Age 10 & 11 (boys and girls)
<input type="checkbox"/>	11.10	1 mile – Age 12 & 13 (boys and girls)
<input type="checkbox"/>	11.30	1.5 mile – Age 14 & 15 (boys and girls)
<input type="checkbox"/>	12.15	1/2mile – Under 8's (Family race. 1 adult with each child)
<input type="checkbox"/>	12.30	5k – Adults run (16 and over)

Prize giving (Childrens races – 12.00) – (Adult 5K – 13.30)

Entry Form...

First Name:	Surname:		
School: (childrens races only)	Team Name: (childrens races only)		
Address:			
	Postcode:		
Email: (Parents/guardians email for childrens races)			
Emergency contact: (name and tel no.)			
Male <input type="checkbox"/>	Female <input type="checkbox"/>	Age on race day <input type="text"/>	Childrens races: Free
Signed: (parent or guardian if children's race)		DSAA optional donation... <input type="text"/>	£
		Entry fee: (Adults 5k only) – £5	£
		Date:	

You can also enter online at: www.castlepointshopping.com

Cheques payable to Dorset and Somerset Air Ambulance. Entries on the day available (+£2)
Please return completed entry forms to: Castlepoint Fun Run, Management Suite,
Unit Z, East Mall, Castlepoint Shopping Park, Castle Lane West, Bournemouth BH8 9UZ

More event info & final race instructions at: www.castlepointshopping.com or call 07799 657751

Regulations/Data Protection Act: A: I agree to abide by the regulations governing the Castlepoint Fun Run.
B: I certify that I will not participate unless I am fit to compete. C: By submitting this for I agree that my/my
childs entry details will be stored electronically for the purpose of the race and that photographic and
video footage may be taken by authorised personnel.