

It's easy, either **enter online (for only £3)** or complete the entry form. Only one entrant per form, please. Photocopies are acceptable. Please write **clearly and in BLOCK CAPITALS**.

Please tick the race you are entering:

- 10.00am (girls) 1 mile 8/9 years
- 10.15am (boys) 1 mile 8/9 years
- 10.30am (girls) 1 mile 10/11 years
- 10.45am (boys) 1 mile 10/11 years
- 11.00am (mixed) 1.5 mile 12-14 years

(NB. The 10K and 5K entry form is overleaf)

Surname

First Name

Address

Postcode

Parent/guardians email address

Male  Female  Telephone

Date of Birth  Age on race day

Medical conditions

Are you are wheelchair entrant? Yes  No

Team name (NB. Only school teams or non running club teams are allowed. Only first 3 are eligible for the team prizes)

**Entry fee** (please tick amount enclosed)

£5  £4  for Access to Leisure and Learning (ATL&L) card holders. ATL&L card number (if applicable)

Please send completed form and payment (cheques made payable to **Poole Runners F.O.R.**) to Poole Festival of Running, Borough of Poole, 30-32 Northmead House, Creekmoor, Poole. BH17 7RP. Closing date is 11th May 2012.

**Data Protection Act 1998**

By submitting this entry form, I agree that the organisers may store my details and results on computer disk, and may share this information with interested third parties, for the purpose of race administration. Borough of Poole and Poole Runners would like to keep you informed of future running events. If you would like to receive details, tick this box

**I accept all the conditions contained in this leaflet.**

Signed  Date

Parent/guardian to sign if entrant under 18 years of age

Office use only: Reference Number

Poole's Festival of Running takes place in and around the beautiful surroundings of Poole Park. This event is ideal for everyone, whether you are a seasoned runner or running for the first time.

Additional entertainment such as stalls, music and refreshments, make this a day out for the whole family. So, with the countdown to the Olympics well underway, why not dust off your running shoes and make sure this year's Festival is the biggest yet and become part of the Olympic Legacy!



**Event Sponsors:**

The organising committee would like to thank this year's sponsors:



**Conditions**

By submitting this entry form, you are agreeing to run entirely at your own risk and confirm that the organisers shall not be liable for any accident, injury loss or damage as a consequence of participation. Applicants must be amateurs. Courses will be marshalled and First Aid provided. Race entries are not transferable and entry fees are non refundable. Races are organised under UKA rules. 10K Licence No: applied for. Course Measurement No: 11/027. 5K Licence No: applied for. Course Measurement No: 11/026. 10K race will be chip timed - details will be sent with race instructions after the closing date of 11th May 2012. For the 10K we will be using official times for results and prize giving. Full results will be posted on www.poolerunners.com. Under UKA rules the use of MP3 players or similar devices are not permitted whilst running for health and safety. Photographs and video footage may be taken by authorised personnel for both marketing purposes and for use on Poole Runners and Borough of Poole websites.

Poole Festival of Running, in association with:



10k race

5k 'Born to Run' Fun Run

1 mile and 1.5 mile children's races

Under 8's Fun Run

**Sunday 27th May 2012**

Poole Park, BH15 2SF

Help to raise funds for Poole Hospital Charity Maternity Appeal

Enter online at www.poolerunners.com or by post using the attached form.

Sponsored by: everyone ACTIVE and Checkatrade.com

Organised by Poole Runners and supported by: boroughofpoole.com





**10K Race**

(also incorporating Police Sports UK SW Region Championships)

- Starts 2pm.
- Entry Fee £14 (£12 if UKA registered club member).
- Minimum age - 15 years on race day.
- Entry limited to 1500. Enter early to avoid disappointment. **No race day entries.**
- Prizes for top men, women, various age categories and teams.
- T-shirts to all finishers.

**5K 'Born to Run' Fun Run**

- Starts 11.30am.
- Entry Fee £6 (£4 if UKA registered club member).
- Minimum age - 15 years on race day.
- Entry limited to 300. Entries accepted on race day **only** if spaces available.
- Prizes for top men, women, 1st U21 man and woman. Medals for all finishers.

**Children's Minithons (5 races)**

Various starts:

- 10am girls (1 mile) 8/9 years
- 10.15am boys (1 mile) 8/9 years
- 10.30am girls (1 mile) 10/11 years
- 10.45am boys (1 mile) 10/11 years
- 11.00am mixed (1.5 mile) 12-14 years

- Entry fee £5 (or £4 for ATL&L members - see Conditions\*) by post; £3 online.
- Entry limited to 500. Entries accepted on race day **only** if spaces available.
- Trophies for winning girls and boys in each age group. Medals for all finishers.

**Children's U8 Fun Run**

- Approx distance 0.5 mile.
- Starts 11.05am.
- Free to enter - just turn up at the start (near Sevens Boat Shed restaurant).
- Children must be accompanied by an adult.
- Certificate for winning girls and boys. Medals for all finishers.



**Born to Run 5K - have fun, run and raise funds for Poole Hospital Charity, Maternity Appeal.**

Poole Hospital Charity fund equipment and care above and beyond that provided by the NHS. One of our fundraising priorities is the Maternity Unit. Sponsorship raised from the Born to Run 5K and donations at the 2012 Poole Festival of Running will be used to purchase equipment to help provide the very best in modern maternity care.

The fantastic commitment and achievements of local people including patients, staff, relatives and friends allows Poole Hospital Charity to purchase additional state of the art equipment and extras that can make all the difference to both patients and staff.

There's lots of ways to help - a sponsorship form will be sent to all runners and is available to download from [www.poolerunners.com](http://www.poolerunners.com). Alternatively, you can make a donation online, via the entry form, or set up your own fundraising page at [www.justgiving.com/poole hospital charity](http://www.justgiving.com/poole-hospital-charity) or [www.uk.virginmoneygiving.com/giving/poole hospital charity](http://www.uk.virginmoneygiving.com/giving/poole-hospital-charity).



follow Poole Hospital Charity on Facebook

**How to enter:**

Entries can be made in two ways:

**By post:** Complete and tear off the entry form and return it, together with your entry fee to:  
 Poole Festival of Running, Borough of Poole,  
 30-32 Northmead Drive, Creekmoor, Poole, BH17 7RP  
**Online:** via [www.poolerunners.com](http://www.poolerunners.com)

Closing date for entries is Friday 11th May 2012. Race information packs will be sent out after the closing date. Wheelchair entries accepted in Minithons but regrettably, 5K and 10K course is unsuitable for wheelchairs.

**Enquiries:** 10K and 5K - 07799 657751  
 email: [racedirector@poolerunners.com](mailto:racedirector@poolerunners.com)  
 Children's races - 01202 261318  
 email: [minithons@poole.gov.uk](mailto:minithons@poole.gov.uk)

Additional event information can be found on [www.poolerunners.com](http://www.poolerunners.com)

It's easy, either enter online or complete the entry form. Only one entrant per form, please. Photocopies are acceptable. Please write **clearly and in BLOCK CAPITALS.**

Please tick the race you are entering:

10k  'Born to Run' 5k

(NB. The Minithon's entry form is overleaf)

Surname

First Name

Address

Postcode

Email address

Male  Female  Telephone

Date of Birth  Age on race day

Medical conditions

**10K race only:**

If entering Police Sport UK SW Championship race tick here:

Force

(police, staff or retired - delete as applicable)

T-shirt size: XS  S  M  L  XL

**Entry fee** (please tick amount enclosed)

10K: UKA Affiliated £12  Unaffiliated £14

5K: UKA Affiliated £4  Unaffiliated £6

First claim affiliated club

I enclose a donation for Poole Hospital Charity £

I enclose a cheque/postal order, made payable to: **Poole Runners F.O.R** for £

Please send completed form and payment to Poole Festival of Running, Borough of Poole, 30-32 Northmead House, Creekmoor, Poole. BH17 7RP. Closing date is 11th May 2012.

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