

WINTER 5K SERIES 2011-12



6 Races, start and finish near Boscombe Pier
Fast, flat, out and back course, race starts at 7.30pm.

- Friday 14 October
- Friday 25 November
- Friday 16 December
- Friday 20 January
- Friday 03 February
- Friday 02 March

"Coasters" are providing the venue for race administration and storage of bags at each race and for prize presentations immediately after the last race. Hot and cold drinks on sale. Registration from 6.30pm, £2 per race, entries on the night. Keep your number for all races. Age on your first race will be your category for the series, minimum age 15 on day of race.

Categories M&F - U20, 20-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-80, 80+
The category winner will be the runner with the best category position total from four of the six races and, in the event of a tie, the runner with the most number of category wins. If a tie still exists, joint winners will be declared. Race organisers decision is final.

Results and race information www.poolerunners.com
Enquiries to poolerunners5k@virginmedia.com

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Junior: 15 – 19 years
Seniors: 20 – 39 years.
Veterans: 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 –74;
75-80; 80+ years



All competitors must complete the form on the reverse of the race number.
A competitor's age on the date of their first race will apply to all races in the series

I declare I am medically fit and of the appropriate age to run in this event. I understand that I enter at my own risk and will not hold the organisers or race officials responsible for any injury, illness or damage incurred to my person or any property howsoever caused during or as a result of participating in any of the races in the series.

Names: (Surname) First name: Gender: M / F

Date of Birth: ... / ... / ... Age(min 15) Tel. No incl Code.....

e.mail address Signed:.....
Parental signature if Under 18

Club:
If no Club please provide house number and postcode:-