



# Bournemouth 10 mile Road Race

*Sponsored by* **854 Dental Health**



**Sunday 25<sup>th</sup> February 2018 – 8.30am start**

**3<sup>rd</sup> Dorset Road Race League (DRRL) race of 2018**



And part of

**The Imperial 10 Mile Series**



Mainly racing along the promenade and cliff-top overlooking the seafront with stunning views of the Isle of Wight and Purbeck Hills in the distance

**Race limit 600** (Full 6 weeks before race last year)

**Race Time Limit is 2 hours 30 minutes**

*Runners must have covered the first 4 miles within 1 hour or will be withdrawn*

Course not suitable for wheelchairs, dogs or buggies! Accompanying cyclists not permitted.  
Headphones are not allowed – you will be disqualified.

UK Athletics Permit No: 2018-28538

SEAA Course Measurement Certificate Number: 15/390

**Race Memento for all finishers and Prizes for the following categories:**

**First THREE Individuals:** Male & Female

**New Course Record** Bonus £50 – Men 2017 Steven Way 55:13 – Women 2016 Emma Dews 1:01:13

**FIRST** in each of the following categories: Male Vet 40, MV 50 and MV 60. Female Vet 35, FV 45 and FV 55.

**First THREE Male Teams (3 to count). First THREE Female Teams (3 to count)**

**Please Note: 1 prize per runner, not including team prizes**

**COLLECT NUMBER ON THE DAY** (it's not posted) between 07:00 – 08:15 by Start area at Bournemouth Pier, BH2 5AA

Enter online at Full-On-Sport

**The Imperial 10 Mile Series** is three 10 mile races over 4 weeks:

Lytchett 10 – 10:30am Sunday 11<sup>th</sup> February 2018

Bournemouth 10 – 08:30am Sunday 25<sup>th</sup> February 2018

Larmer 10 – 08:30am Saturday 10<sup>th</sup> March 2018

Imperial medals to all runners who complete the series  
And prizes based on cumulative times.





# Bournemouth 10 mile Road Race



*Sponsored by* **854 Dental Health**

**Sunday 25<sup>th</sup> February 2018 – 8.30am**

**3<sup>rd</sup> Dorset Road Race League (DRRL) race of 2018**



And part of

**The Imperial 10 Mile Series**



UK Athletics Permit No: 2018-28538

SEAA Course Measurement Certificate Number: 15/390

**Race Time Limit is 2 hours 30 minutes**

*Runners must have covered the first 4 miles within 1 hour or will be withdrawn*

Course not suitable for wheelchairs, dogs or buggies! Accompanying cyclists not permitted.  
Headphones are not allowed – you will be disqualified.

**2018 BOURNEMOUTH 10M ENTRY FORM** (PLEASE PRINT CLEARLY)

Surname \_\_\_\_\_ Forename \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Postcode \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Age on Race Day \_\_\_\_\_ Sex: M / F Date of Birth \_\_\_\_\_

UKA Affiliated Club/Unaffiliated \_\_\_\_\_ UKA Membership No: \_\_\_\_\_

For Admin purposes please tick box if you intend to enter the Imperial Series. Separate race entries to Lytchett 10 and Larmer 10 must be made. Enter all three races online at Full-On-Sport.

I understand and agree that the organisers shall not be liable for any accidents, injury, loss or damage resulting from my participation in the Bournemouth 10M. I declare that I am an Amateur and that I am medically fit to participate. I will be 17 years or over on 25<sup>th</sup> February 2018. I agree to abide by the UKA Rules for Competition. I also understand that no refund can be given in the event that the race is cancelled due to circumstances outside the organiser's control, or if I am unable to compete due to illness or injury.

Data Protection Act: I agree that my entry details and results may be stored on a computer/device for Race Administration purposes only.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**ENTRY FEE: £13.00 UKA Affiliated Runner**

**£15.00 Unattached Runner**

**Closing date for entries is Saturday 17<sup>th</sup> February 2018 or when the 600 limit is met (the race was full 6 weeks early last year) - (No entry on the day)**

Please send completed Entry Form to:

Dave Parsons, 22 Walsingham Dene, Bournemouth, Dorset, BH7 7RJ

Please make cheque payable to 'Bournemouth AC'

Race enquiries, including 'postal' Number Transfers to: [ian.white789@live.co.uk](mailto:ian.white789@live.co.uk)