



## 854 Dental Health

# Bournemouth 10 mile Road Race

Sunday 24<sup>th</sup> February 2019 – 8.30am start



3<sup>rd</sup> Dorset Road Race League (DRRL) race of 2019



## Dorset County (DCAA) 10 mile Championship Race



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 700** (Full 9 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*Runners must have covered the first 4 miles within 1 hour or will be withdrawn*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.  
All headphones are not allowed.

UK Athletics Permit No: 2019-36208

SEAA Course Measurement Certificate Number: 15/015

**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 40, FV 50 and FV 60.

**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

To compete in the **DCAA Championships** and become the 2019 DORSET 10 Mile Champion, competitors must:

- Have been born in Dorset OR
- Have lived continuously in Dorset for at least nine months preceding the event OR
- Be a student in residence at a School, College or University in Dorset OR
- Have been serving in a Unit of HM Forces stationed in Dorset for at least nine months preceding the event.  
(NOTE: Boarding School and service unit athletes are requested to indicate their Home Address County on the entry form as only those athletes who are resident in Dorset are eligible to compete for the County.)
- Not have competed in the Championships of, or represented at Inter-County Championships, a County other than Dorset since 1st October 2013.

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

Lytchett 10 – 10:30am Sunday 10<sup>th</sup> February 2019

Bournemouth 10 – 08:30am Sunday 24<sup>th</sup> February 2019

Larmer 10 – 08:30am Saturday 9<sup>th</sup> March 2019

Imperial medals to all runners who complete the series

And prizes based on cumulative times.





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**2019 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: \_\_\_\_\_

Tick box for DCAA entry (there is no extra cost) and confirm details below:

I have lived in Dorset since: \_\_\_\_\_ Club/School/HM Service Unit: \_\_\_\_\_

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 24<sup>th</sup> February 2019. 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: £14.00 UKA Affiliated Runner**

**£16.00 Unattached Runner**

**Closing date for entries is Saturday 16<sup>th</sup> February 2019 or when the 700 limit is met (the race was full 9 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)