



SWANAGE REGATTA & CARNIVAL THE SWANAGE 4 - FUN RUN

SPONSORED BY
M K L Partnership Chartered Certified Accountants
Swanage Therapy Centre

THURSDAY 5th August 2010 - 6.30pm

START & FINISH – SANDPIT FIELD

COURSE:

Start at the Sandpit Field - Demoulham Road - Seaward Road - Ulwell Road - Ulwell Caravan site - Darky Lane - Washpond Lane - Herston - High Street - Victoria Avenue - Demoulham Road - Finish Sandpit Field.
The route will be marshalled, lead and rear vehicles with medical back up, water stop at the finish.

PRIZES:

- 1st Man and 1st Lady 18 yrs and over.
- 1st Boy and 1st Girl under 18yrs
- 1st Veteran over 60

RULES:

- Entrants must be 13 years or older on the race day and are required to abide by the rules and marshals directions.
- No wheeled vehicles, buggies, dogs, following cycles, alcohol or tobacco allowed.
- The race organizers reserve the right to remove runners that may be acting in such a way that would endanger themselves or other participates.
- Entrants participate in the race at their own risk and to be medically fit to run.
- The race organisers, sponsors or any other associated body will not be liable for death, personal injury, loss, damage or expense to participants in this event.
- Entry forms will not be accepted unless signed by the applicant.
- Decision of the Race Officials shall be final in the event of a dispute.

ENTRY FEE: - £5.00 Cheques payable to ‘Swanage Regatta & Carnival’

Surname:..... **Forename:**.....

Address.....

Post Code..... **TEL NO**..... **Sex**.....

Under 18 - Date of Birth.....

Over 60

Please tick boxes if applicable.

I accept the conditions of entry and acknowledge that the organisers shall not be liable for death, personal injury, loss or damage as a consequence of my participation in the event, except to personal injury which is caused by the organiser’s negligence.

SIGNATURE.....**DATE**.....

If entering in advance please send form with entry fee to:
Mandy McDonald, 4 Manor Road, Swanage, Dorset BH19 2BJ.
Your number will be available at the entry desk on the day of the run.