



LIONS CLUB OF DORCHESTER & DISTRICT



LIONS ANNUAL 10k & 2k FUN RUN

INFORMATION AND RULES,

See web site for further details and route map: www.lionsdorchester.org.uk

VENUE: The Middle School, Coburg Road, Dorchester, DT1 2HS

PARKING: Available at western end of Queen's Avenue, adjacent to Hardye's School entrance

DATE: Sunday 14th May 2017

SCHEDULE/TIMETABLE

Registration desk and Race number collection	0900 - 1010
Warm-up routine	1010
10K start	1025
2k start	1030
Results and presentation	1145 approx,

10k - REGISTRATION, PAYMENT AND OPTIONAL SPONSORSHIP

Enter online by visiting www.fullonsport.co.uk and searching for 'Dorchester 10k'

OR Entry forms can be downloaded from www.lionsdorchester.org.uk

Completed forms should be sent to

Race Secretary c/o 52 Weatherbury Way, Dorchester, DT1 2EF.
(Cheques made payable to Lions Club of Dorchester & District)

- Closing date for postal applications 5th May 2016.
- Entries available on the day numbers permitting

Payment Advanced entries	UKA/EA Affiliated members	£10. 00
	Non-affiliated members	£12. 00

*Sponsorship available online if you wish to raise money for charity, 50% of the money will go to your nominated charity and 50% to the Lions Charity fund for local community good causes or needs.
Completed sponsorship forms and monies to be sent to the Race Secretary.*

2k - REGISTRATION AND SPONSORSHIP

For advanced registration (preferable), please ensure you return your completed form by 4pm on Thursday 11th May 2017 to the Dorchester Sport Centre, Coburg Road, or Tourist Information Centre, or Gould's Household Store, South Street.

- Every Individual and Group/Team Runner in the 2K must complete a Sponsorship Form. Please hand in to the appropriate Registration Desk between 0900 and 1010.
- The Group/Team manager is requested collect and hand in their Group's Sponsorship Forms, and collect them after the run.
- After the run the Validated Sponsorship Form(s) must be collected from the same registration desk.
- Sponsorship Money must be handed in or sent by 8th June 2017 with the Sponsorship Form(s) either in a sealed envelope to the Gift Counter in Goulds Household Store, South Street, Dorchester, or cheques with Sponsorship Form(s) to Lion Treasurer Derrick Buswell, 52 Weatherbury Way, Dorchester, DT1 2EF
- Sponsorship sums submitted by Individual Runners or Groups of less than £20 will be retained by the

- Dorchester and District Lions Club for their chosen Charity.

SAFETY

All entrants must observe the rules of the road. Whilst every effort is made to supervise the routes for maximum safety, The Lions Club of Dorchester & District, Marshals and Sponsors accept no responsibility for any accident that might occur, however caused, or loss of valuables and kit. The use of bicycles, roller skates, roller blades, scooters, skateboards etc is NOT permitted. **However, in the 2K, we welcome toddlers under 4 in pushchairs and wheelchair users.**

AWARDS

2k: 1st and 2nd placed runners in each of the various categories will receive a certificate. All runners receive a medal momento.

Individual Runners or Groups who Sponsor £50 or more and hand or send their money in by Wednesday 31 MAY 2017 will be entered in a special Prize Draw to earn more money for their chosen charity.

10k: 1st and 2nd placed male and female to receive £30 and £20 respectively, prizes for age category winners.

MSEN / FSEN

M40 / F35

M50 / F45

M60 / F55

M70 / F65

Momentos for all 10k finishers.

FINISH

Would **all runners** please ensure you understand the layout of the finish before the run.

The 1st and 2nd place runners in each category of the 2K run will be given a card which must be passed to the Race Recoding Desk (near the finish) so that an accurate record of results can be compiled.

Enquiries:

2k - **Gordon Cordier** **01305 262171**
10k - Tony Rimmer **07788 424552**,
- Derrick Buswell **01305 262954 / 07970 820071**

All Sponsorship monies raised from the event will be divided equally between the Lions Club's projects and the Charity or bona fide non- political or non-profit making organisation nominated by the entrant(s). See also Sponsorship below. Lions will distribute monies to the nominated charities after monies have been received.