



LIONS 2k FUN RUN and 10k RUN

Sunday 5th May 2019

INFORMATION AND RULES



Please also see website for further details and route maps: www.lionsdorchester.org.uk/events

Updates will be provided on our facebook page [LionsDorchester](#)

VENUE: Dorchester Middle School, Coburg Road, Dorchester, DT1 2HR

PARKING: No Parking at the School Coburg Road Car Park, please use School Car Park on Queen's Avenue, or Car Park adjacent to Hardye's School entrance, or surrounding streets

TIMETABLE

Registration desk and Race number collection	0900 - 1015
Warm-up routine	1010
10K start	1030
2k start	1035
Results and presentation	1145 approx,

Note – All Entrants who finish the 2k and 10k runs will each be presented with a finisher's medal soon after they cross the line. 10k category winners will receive prizes at the presentation.

2k and 10k - REGISTRATION

Enter online www.lionsdorchester.org.uk/events and follow the link to either RiderHQ or Full on Sport

Or download an entry form from Lions page. 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 4th May 2019.
- Entries will be available on the day in both races (numbers permitting)

2k PAYMENT AND SPONSORSHIP

- Age limit: None

Entry Fee: £5 plus sponsorship Form

This is a Charity event and all runners must obtain Sponsorship in addition to the entry fee. Forms are available online. 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 (preferably by cheque) to be sent to the Race Secretary as above.

Note – Lions now have a card reader for contactless payments if more convenient

- Every Individual and Group/Team Runner in the 2K **must complete a Sponsorship Form in addition to the £5 entry fee** Please hand in to the appropriate Registration Desk between 0900 and 1015.
- Sponsorship Forms must be collected immediately after the run from the Registration Desk
- Sponsorship Money should preferably be handed in with the Sponsorship Form(s) to the Registration Desk on the day in a sealed envelope. (Cheques payable to Lions Club of Dorchester and District) Alternatively cheques with Sponsorship Form(s) can be sent to Lion Treasurer Derrick Buswell, 52 Weatherbury Way, Dorchester, DT1 2EF **Note – Lions now have a card reader for contactless payments if more convenient**
- Sponsorship sums submitted by Individual Runners or Groups of less than £20 will be retained by the Dorchester and District Lions Club for the Lions' Charity Fund.

10k PAYMENT AND SPONSORSHIP

- Age limit: minimum 15 on the day of the race

Payment Advanced entries	UKA/EA Affiliated members	£14. 00
	Non-affiliated members	£16. 00

This is a Charity event and we encourage all runners to obtain Sponsorship in addition to the entry fee. Forms are available online. 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 (preferably by cheque) to be sent to the Race Secretary as above.

Note – Lions now have a card reader for contactless payments if more convenient

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.**

Route Marshals will be in place at key locations to guide runners on each route, provide encouragement and give assistance as required. Route maps are available on our website.

There will be 2 water points on the 10k route and water will be available at the finish line

AWARDS

10k:

1st and 2nd placed male and the following age cat to receive prizes.

MSEN / FSEN

M40 / F35

M50 / F45

M60 / F55

M70 / F65

2k

Medals for all finishers

FINISH

Would **all runners** please ensure you understand the layout of the finish area including water and catering points before the run.

ENQUIRIES

10k	- Tony Rimmer	07788 424552,
	Derrick Buswell	01305 262954 / 07970 820071
2k	- Tony Howden	07503 791402

Or Email tony.howden@hotmail.co.uk

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). Monies to the nominated charities will be distributed by the Lions Club after all monies have been received.

THANK YOU FOR SUPPORTING OUR EVENT