

**LIONS CLUB OF DORCHESTER & DISTRICT**

***Sunday 22nd May 2022***

**In association with Dorchester RIOT running Club**

***INFORMATION AND RULES***

**10 k Timed run**

***Please also see website for further details and route maps:*** [www.lionsdorchester.org.uk/events](http://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

Start 1030

Results and presentation 1145 approx,

Refreshments will be available at the School throughout

**Registration, payment and sponsorship**

Enter online [www.lionsdorchester.org.uk/events](http://www.lionsdorchester.org.uk/events) and follow the link to Let’s Do This or download an entry form from Dorchester Lions website. Completed forms should be sent to:

**Treasurer, Neil Gatehouse, 15 Church Acre Dorchester, DT1 1RB** *(Cheques made payable to Lions Club of Dorchester & District)* **or BACS to (Lions Club of Dorchester & District, Sort Code 30-92-69 Account No 00165406-Reference 10k Run plus Surname)**

* Closing date for applications to be received 1200 Saturday 21th May 2022
* Entries will be available on the day (numbers permitting)

Payment - Advanced entries UKA/EA Affiliated members £18. 00

 Non-Affiliated members £20. 00

 On the Day entries Aff and Non Aff £22.00

*Note - This is a Charity event runners are encouraged to have 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 Local Charity fund for good causes or needs. Completed sponsorship forms and monies (preferably by cheque) to be sent to the Treasurer as above.*

**Note – Lions now have a card reader for contactless payments on the day if more convenient**

***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.***

SAFETY

Due to the multi terrain and the weather condition it is recommended that Trial Shoes be worn.

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, buggies etc is NOT permitted. In accordance with England Athletics regulations the use of headphones is not allowed in the race.

**Dogs** – **Carnicross Runners.** If you have selected the tick box when entering the race to tell us that you will be running with your dog, you agree to be bound by the following conditions

1. You will need to make sure that you have public liability insurance to cover your dog for any third party damage claims. (it is usually included in most pet insurances and some household insurance).
2. You should have the correct canicross equipment, eg your dog should be wearing a harness and be attached to you at all times, to a waist belt of some kind, (guidelines state that the lines have to have a shock absorber (bungee) and should not be more than 2 metres in length when extended), A hand held lead is not permitted and you would not be allowed to run. Kit checks will be made at registration and at the start on race day.
3. We also reserve the right to remove you from the race if we consider your dog to be in distress at any time.
4. You must pick up after your dog. (especially at Race HQ!)
5. Canicross runners will not be eligible for any of the 1st & 2nd, Male and Female prizes.

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 and displayed on the day.

There will be water points on the 10k route and water will be available at the finish line. In order to protect the Environment please bring your own drinking container if possible and dispose of paper cups in bins provided.

A Bag store will be available at the School

**AWARDS**

Prizes for 1st and 2nd placed male and female.

Medals for the 379 runners who finish (unless entrant has opted out)

**ENQUIRIES**

 **Tony 07503791402,**

 **Bill 01305 267832**

**Or Email** tony.howden@hotmail.co.uk

***THE LIONS CLUB BENEFICIARIES FOR THIS EVENT WILL BE THOSE IN NEED IN OUR COMMUNITY***

**THANK YOU FOR SUPPORTING OUR EVENT**

**Lions Club of Dorchester and District. Reg Charity No 11785808**