

# SOUTHBOURNE FAST & FLAT 10K & 5K RUN

**Incorporating off-road fun run of 1300m**

**SUNDAY 11 MARCH 2012**

Organised by Friends of St Katharine's CE Primary School Rolls Drive Southbourne Bournemouth BH6 4NA  
(Charity number 1122599)

10k & 5k in accordance with UK Athletics rules. Licence number 2012-103319/20

10k & 5k Course measurement number: TBA

## **10k and 5k details**

- Start time: 10k 11am; 5k 11.10am
- Start and finish outside St Katharine's School Southbourne Bournemouth BH6 4NA (near Hengistbury Head).
- Out and back course, accurately measured, fully marshalled. Kilometre markers.
- 10k: 8.5k on Southbourne/Boscombe prom, 1.5k on road. (5k: 3.5k & 1.5k)
- The course is suitable for wheelchairs.
- Minimum age for 10k is 15; for 5k is 13 (Age on race day).
- Category prizes.
- Entry fee: 10k £9.00 Unaffiliated/ £7.00 Affiliated UK Athletics club member.
- Entry fee: 5k £5.00 Unaffiliated/ £3.00 Affiliated UK Athletics club member.
- **Entries on day add £3.00**

## **1300m off-road fun run details**

- Start time 10.30am.
- Parents/ carers may run with children at their discretion.
- Start and finish behind school, run towards Hengistbury Head Centre and back.
- The fun run **is not** suitable for wheelchairs.
- Age: Reception up to 12 years old. (Dependent on numbers, there may be more than one race split by age group).
- All children receive medals at the finish.
- Entry fee: £2.00 **per child**. Entries available on the day (but please leave adequate time and register early).

Bouncy castle and Sponge Bob appearance courtesy of Children's entertainer Minkymoos.com

First aid cover provided by St John Ambulance

[Details & entry forms: www.southbournefastandflat.info](http://www.southbournefastandflat.info)

[On-line entry \(for 10k & 5K\): www.runbritain.com/enter events](http://www.runbritain.com/enter%20events)

[Enquiries to: southbourne.run@hotmail.com](mailto:southbourne.run@hotmail.com)



**10k & 5k ENTRY FORM**

**SOUTHBOURNE FAST & FLAT 10K & 5K RUN**

SUNDAY 11 MARCH 2012 (10k starting at 11am; 5k at 11.10am)

On-line entry (for 10k & 5K): [www.runbritain.com/enter](http://www.runbritain.com/enter) events

**BLOCK CAPITALS PLEASE**

First name..... Surname.....

Address.....

.....Postcode.....

Gender: Male.....Female.....

Date of birth.....Age on 11 March 2012.....

Email address.....

Contact number.....

UK Athletics affiliated club name (if applicable).....

UK Athletics registration number (if applicable).....

Entry Selection: (Please tick one) 10k.....or 5k.....

Please tick here if wheelchair athlete.....

**10k Entry fee:** £9.00 unaffiliated; £7.00 affiliated. **5k Entry fee:** £5.00 unaffiliated; £3.00 affiliated

*Entries on the day plus £3.00*

**Declaration:**

A signed entry form will be considered as an acceptance of governing body rules and a declaration that you compete entirely at your own risk.

Signature.....Date.....

Send entry form, SAE (**min A5+1<sup>st</sup> class stamp**) & cheque to: Race Secretary, St Katharine's CE Primary School  
Rolls Drive Southbourne BH6 4NA. **Cheques payable to FSK.** The SAE is for your race number and race details. If you would prefer to pick these up from the school office in late February 2012, **TICK HERE.....**

**FAMILY OFF-ROAD 1300 metre FUN- RUN ENTRY FORM**

SUNDAY 11 MARCH 2012 (Fun run starting at 10.30am)

Bouncy castle and Sponge Bob appearance courtesy of  
Children's entertainer [Minkymoos.com](http://Minkymoos.com)

Surname..... First name.....

Address.....

.....Postcode.....

Age on 11 March 2012.....

Class number (if St Katharine's).....

Contact number..... Entry fee **£2 per child**

**Declaration:**

A signed entry form will be considered as a declaration that your child competes entirely at their own risk.

Signature of parent/guardian.....Date.....

Details & entry forms: [www.southbournefastandflat.info](http://www.southbournefastandflat.info)