



SWANAGE REGATTA & CARNIVAL - SWANAGE 4 MILE - FUN RUN
SPONSORED BY: M K L Partnership Chartered Certified Accountants & Swanage Therapy Centre

THURSDAY 4th August 2016 - 6.30pm

START – Seafront & FINISH - Sandpit Field

COURSE: Start on Swanage Seafront - Ulwell Road - Ulwell Caravan site – Darky Lane - Washpond Lane - Herston - High Street - Victoria Avenue – De Moulham Road - Finish Sandpit Field. The route will be marshaled, lead and rear vehicles with medical back up, water stop at the finish.

PRIZES:

- 1st Man 18yrs and over, 1st Lady 18yrs and over
- 1st Male Veteran (over 60yrs), 1st Female Veteran (Over 60yrs)
- 1st Boy aged 15 to 17yrs, 1st Girl aged 15 to 17yrs
- 1st Boy aged 14yrs or under, 1st Girl aged 14yrs or under
- 1st Local Man, 1st Local Lady (BH19 Post Code)

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, audio equipment, 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 participants.
- 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.
- Race limit 250

ENTRY FEE: - £5.00 in advance or £7 on the day (Closing date for postal entries 28 July 2016)
Please send entry form to; Swanage 4, c/o Flat 2, Ballard Rise, 21 Priest Road, Swanage BH192RG
Please make cheques payable to 'Swanage Regatta & Carnival' and include a 9"x6" SAE

Full Name:.....
Address.....
.....Post Code.....

Sex: M F

Age of date of race, please tick box applicable:

14 or under 15-17 18-59 60 or over

RACE Number

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.....

SIGNATURE OF PARENT/GUARDIAN IF UNDER 18.....