



SEAA 98/047

**POOLE RUNNERS  
INVITE  
LADY RUNNERS  
TO RUN THE  
21st POOLE PARK 5km  
(LADIES ONLY)**



on Tuesday 2nd September 2008  
at

POOLE PARK PAVILION, POOLE PARK, POOLE, DORSET  
STARTING AT 7:00pm

**SPONSORED BY**

**LUSH LTD**  
29 HIGH ST  
POOLE  
010202 668545  
[www.lush.co.uk](http://www.lush.co.uk)

Licence applied for.  
Minimum age 14 years  
Safe, flat accurately measured course  
Suitable for Ladies of all abilities  
**Prizes for the first three finishers  
and many age categories**

A special award will be presented to the first finisher over 50  
Lots of spot prizes

**SPONSORED BY**

**RUNNING FREE**  
22A BOURNEMOUTH RD  
LOWER PARKSTONE  
01202 741900  
[www.runningfree.net](http://www.runningfree.net)

Entry Fees: £2.00 Affiliated. £4.00 Non-running club members

Please make cheques payable to Poole Runners and enclose a **S.A.E. (9"x 6")**

Send Entries to: **Daveena Tweed/Martin Thomas, Poole Park Ladies 5k, 50  
Ripon Road, Winton, Bournemouth, Dorset. BH9 1RF**

☎ enquiries: 01202 697279

Proceeds to ovarian cancer charity OVACOME

Proceeds to Ovacome from 1998-September 2007 races were £4432 & donations £5244

Thanks to all competitors



Please complete in **BLOCK CAPITALS**

Surname .....  
Forename ..... Date of birth ...../...../.....  
Address .....  
Town ..... Postcode.....  
Telephone (including code) .....  
Email .....  
Affiliated Club ..... UK Athletics Registration No.....

**FOR OFFICIAL USE ONLY**  
**RACE NO.**

Entry fee enclosed £..... + voluntary donation to Ovacome of £... ..

I declare that I am an amateur and medically fit to take part and that I accept that the organisers will not be responsible for loss, damage, illness or injury sustained as a result of taking part in this event. I agree to abide by UK Athletics rules for competition.

Signed ..... Date ...../...../.....

Visit us at [www.poolerunners.com](http://www.poolerunners.com)