

BOSCOMBE WINTER 5K RACE SERIES

6 RACES OCTOBER 2008 to MARCH 2009

Start and finish near Boscombe Pier.

Fast, flat, out and back course.

Parking in Car Park above Pier, or on nearby roads.

No changing facilities.

Presentation of prizes will take place in the Neptune Bar after the last race

Start Time 7.30 p.m.

£2 per Race

Friday	October	17 th
Friday	November	28 th
Friday	December	19 th
Friday	January	16 th
Friday	February	6 th
Friday	March	6 th

Registration 6.45p.m. onwards
in the Neptune Bar
conservatory.

Entries on the night only.

No dogs or walkmans please

Prizes: 4 out of 6 races to count, two prizes in each category

In the event of a tie, fastest time from any race in the series will decide

Categories M&F ... Under 20, 20-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-80,
80+

MINIMUM AGE: 15 Years on day of race. Age on your first race will be your category for
the remainder of the series.

IMPORTANT: RETAIN YOUR NUMBER FOR EACH RACE.

FOR RESULTS: <http://www.poolerunners.com>.

Join us for a drink after the race in the Neptune Bar by the Pier.

Please consider using the Neptune bar for a drink after the race, they are kind enough to offer us
their facilities as race HQ and we would therefore like to give them extra custom.