

SWANAGE SEA ROWING CLUB

4 MILE FUN RUN

Sunday 29th January 2012 – 11am start

START AND FINISH - NORTH BEACH CARPARK (BY FOOTBALL CLUB)

COURSE:

Start at North Beach carpark, run through the car park and turn left into Seaward Road, then turn left into Ulwell Road. Run along main road until signs for Ulwell Caravan Site, turn left into Darky Lane and then bear right into Brickyard Lane past Brickworks. Turn right at junction. At first road junction turn left to Herston. When you reach the main road junction turn left into High Street, follow main road into Victoria Avenue until traffic lights, then turn left into De Moulham Road, run the length of De Moulham Road, through North Beach car park and on to the finish. The route will be marshalled.

**Trophies: Fastest Man. Fastest Lady. Fastest Team (2 men, 2 ladies).
Fastest Veteran Man (50 and over). Fastest Veteran Lady (50 and over).**

Entry Fee: £ 5.00 (cheques payable to Swanage Sea Rowing Club)

Please print off the attached form and bring it with you

SURNAME**FORENAME**.....

ADDRESS

.....

AGE..... **TEL NO**..... **SEX**

Swanage Sea Rowing Club, being the organisers of the “Swanage Sea Rowing Club 4-Mile Fun Run”, provide this event only on the understanding that the Club, their representatives and/or members, bear no responsibility for any loss, damage, injury or inconvenience to persons or property howsoever arising, directly or indirectly by an accident or wrongful negligent act, default or omission of any member or any person during the “Swanage Sea Rowing Club 4-Mile Fun Run” or other related activity.

I confirm that I am aged 16 or over.

I accept that the organisers will not be held responsible for injury, illness or loss incurred during the event and that entrants take part at their own risk.

I have realistically assessed my own fitness to undertake a four mile fun run, in consultation with my own GP if necessary.

I confirm that I have no pre-existing medical conditions that would prevent me from taking part (e.g. respiratory illness, heart condition, existing back problem etc.).

Signature **Date**.....