

SUNDAY 15<sup>TH</sup> SEPTEMBER 2019

# LITTLEDOWN 5 MILE RACE



**STARTS: 10.30am**, number collection from 9am  
**VENUE: Littledown Centre,**  
**Bournemouth BH7 7DX**

- Medal to all runners
- Prizes for winners (overall & age categories)
- Free massages from Active Therapy [activetherapysouth.com](http://activetherapysouth.com)
- Shower facilities & lockers
- Café & bar at The Littledown Centre
- Free parking
- First aid on site



With thanks to our sponsor  
**Up & Running Bournemouth**



**Online entries via [www.runbritain.com](http://www.runbritain.com)**  
**£10 affiliated / £12 unaffiliated**

**Race limit 350, no entries on  
the day. Closing date 8th Sept.**

Race run under UK Athletics Rules. Headphones are not permitted. No dogs,  
buggies or accompanying cyclists. Minimum age on race day is 15 years old.

Race license number: 2019-36595 Accuracy of course certificate number: 19/124

**A DRRL race**  
No. 10 in the series

**Organised by Littledown Harriers**

[www.littledownharriers.co.uk/littledown-5](http://www.littledownharriers.co.uk/littledown-5)   

Contact: [littledownfive@littledownharriers.co.uk](mailto:littledownfive@littledownharriers.co.uk)



First Name: ..... Surname: .....

Address: .....

Postcode: .....

Tel: ..... Email: .....

D.O.B: ..... Age on day: ..... M / F

\*UKA Club: ..... UKA No: .....

**\*£10 affiliated  
£12 unaffiliated**

*Cheques payable to LITTLEDOWN HARRIERS and should be sent to: Race Secretary, 7 Sandford Court, 32 Belle Vue Road, Bournemouth BH6 3DR*

You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times and age category. Please tick to agree. I agree

I accept the race organisers will not be held responsible for any injury, illness or loss incurred at this event, I compete at my own risk and I agree to abide by UKA rules.

Signed: .....

(Parent/guardian if under 18)

