



New Addition for 2012.....

4 Paws 5k Challenge.



Information and terms of Entry

✿ After many requests in previous years from people enquiring about running with their canine companions we are now pleased we are able to offer this in the form of this new additional race.

✿ It is aimed at those people used to running with their dogs in events or those who run with their pooch on their own but want to try and event together. It will be use the last 5k (i.e. 5k-10k markers) of the 10k event, making it a linear course. This means it is an undulating but fairly fast course finishing at the race HQ.

✿ The event will start at 09.00 and so runners should be greeted at the finish by the arriving 10k entrants.

✿ Refreshments for dogs and people will be available at the finish.

✿ Presentation of prize to winner plans to be just before the start of the 10k race.

To ensure maximum health and safety and fun for all participants, we have the below Terms of Entry which are based on guidelines used by professional organizers of cani x style events.

Further updates will follow on the website!! Including that for raising sponsorship for our animal charities for 2012.

Terms of Entry

✿ Participants must be 15 years of age or over on race day to compete

✿ Children under 15 but 13 or over are permitted to run informally with an accompanying adult who has entered under the responsibility of that adult.

✿ Dogs must be at least 1 year old on race day and be able to cope with running in a race situation.

Please in the safety and interest of other runners, dogs and spectators, please DO NOT enter with a dog that is known to be dog to dog aggressive or aggressive towards people or is very anxious. If you have any concerns or questions regarding this please email us via link on website at info@paws10k.co.uk FAO: Bryony or Mark .

✿ Muzzles are permitted but only those permitted for regulated events i.e. "basket" style /Baskerville muzzles which are breathable and safe to run in.

✿ ALL dogs must be on lead or harness during the entire race.

✿ Doggies toileting en route must have this poop scooped. Additional bins as well as dog water bowls will be provided along the course.

✿ We have had to put a maximum time limit on the race of 45 minutes as so there is no clashing with the fast front runners in the 10k race and the track on the home straight is rather narrow, so please ensure you and

your dog are able to complete this distance within that time or don't mind if you are asked to finish after the designated time.

Finally, thank you for your interest and support and sorry if this seems a long list just bear with us , its our first time with this type of event just bearing on the over cautious.

We look forward to receiving your entries, and hope to see you all on race day. 🐾