



General Rules

1. The competition opens on 9th March 2025 to anyone aged 50 or over living in the UK.
2. The closing date of the competition is midnight on 9th May 2025. Entries received after this time will not be considered.
3. Up to 3 entries per person can be made in total.
4. Entries will not be returned, so please keep a copy.
5. Under no circumstances can alterations be made to poems once entered.
6. Only entries that stick to the guidelines below will be permitted.
7. Entries must not have been published, self-published, published on a website or made public on social media, broadcast or featured among the winners in another competition before 9th May 2025.

Poem Guidelines

1. All poems must have a title and be in English, and must not exceed 40 lines in length (excluding title).
2. Poems must be the entrant's original work.

How to Enter

1. Poems should be emailed to poetry@embracingage.org.uk or posted to: Poetry Competition, Embracing Age, ETNA Community Centre, 13 Rosslyn Road, Twickenham, TW1 2AR.
2. Please include your name, age and contact details.
3. Each poem must be sent as a separate document attached to your email with the poem title as the document name. Posted entries can be handwritten or typed.
4. Entries need to have arrived by the closing date. Telephone or email confirmation of receipt is not available.
5. The judges read all the entries; their decision is final. Neither the judges nor staff will enter into any correspondence.

Winners

1. Winners and shortlisted poets will be notified by the end of July 2025 and the winners will be announced on the Embracing Age website. All winners will be asked to provide a biography and photograph which will be used in publicity.
2. The copyright of each poem remains with the author. However, authors of the winning and shortlisted poems, by entering the competition, grant Embracing Age the right in perpetuity to publish and/or broadcast their poem. Use of the shortlisted and winning poems elsewhere for one year from 2025 is subject to permission from Embracing Age.
3. All shortlisted poems will be published in an anthology which will be available to purchase.
4. By entering the competition you give permission for your name and age to be included in the anthology if your poem is shortlisted. We think getting older is something to be celebrated.