

LASSWADE 10 MILE ROAD RACE ENTRY FORM

SAL/UKA affiliated £10.00

Unaffiliated £12.00

On-line entry also available at www.runnersworld.co.uk

Entries limited to 450. Please note that there will be no entries on the day

Surname:	<input type="text"/>	First Name:	<input type="text"/>
Address:	<input type="text"/>		
Town:	<input type="text"/>	County:	<input type="text"/>
Post Code:	<input type="text"/>	Tel:	<input type="text"/>
Age on Day:	<input type="text"/>	Sex (M/F):	<input type="text"/>
SAL/UKA No.:	<input type="text"/>	Est. Time:	<input type="text"/>
Club:	<input type="text"/>		
E-mail:	<input type="text"/>		

The first jogScotland member to finish will be presented with the Whitehill Trophy. If you are a member of jogScotland please state your grade of membership* (Gold, Silver or Bronze) and jogScotland Membership No.:

*delete as appropriate

DECLARATION: I declare that I am an amateur as stated in UKA/SAL rules and will abide by those rules. I will be 17 years of age or over on the day of the race. I have read the conditions of entry overleaf and hereby agree that the organisers or associates shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the Race.

Signed: _____ Date: _____

Please detach this completed form and send it with a cheque to the value of £_____ made payable to Lasswade Athletics Club (include your address on the reverse) together with a stamped addressed envelope (9" x 6") to:

Barbara Howie
123 Newbattle Abbey Crescent
Dalkeith
EH22 3LP
Tel: 0131 663 4697



LASSWADE 10

• mile road race •

SUNDAY 1st MARCH 2009

Lasswade Athletics Club

Whitehill Welfare FC Fergusson Park Carnethie Street Rosewell Midlothian

Race Start: 12.00 noon

Registration: 09:45 a.m. until 11.15 a.m.