

# HBT PROMOTIONS PRESENT

## ***THE BLACK ROCK '5'*** ***Sponsored by The Ship Tavern, Kinghorn***

The twenty-second Black Rock '5' will take place on:

Friday, 22nd of May 2009. Start time 7.30 p.m.

Under UK Athletics Rules: a Scottish Athletics Permit Event.

All finishers over age 18 will receive a bottle of ale.

**THIS IS A ROAD AND BEACH RACE: YOU WILL GET YOUR FEET WET!**

**Please Complete in Block Capitals**

**Surname**

**First name**

**Address**

**Postcode**

**Telephone (STD + No. Please)**

**Scottish Athletics Club**

**Reg. No.**

**Age on race night** M F

**Telephone No. for Enquiries**

01592 891247 or visit

[www.blackrock5.org](http://www.blackrock5.org)

**Scottishathletics member entry fee: £7.00.**

**Non-member: £9.00**

**Under 18's (no beer) Entry £3:**

**Closing date for Entry is Wednesday 13<sup>th</sup> May**

**Race Limit is 700**

**Cheques Payable to: The Black Rock '5'.**

**Send entries to: The Black Rock '5',**

**11 King's Drive, Kinghorn, Fife. KY3 9XG**

**I declare that I am physically fit to take part in this event. I also renounce any claims for loss or injury sustained while taking part in this race in which I participate at my own risk.**

**Signed:**

**Date: / /**

**All age-group categories are based on age on race-night**

**For Official Use Only.....**

**Category: JM M40 M50 M60 JW W W35 W45 LOCAL**

**Runner No.**

**Date Received**

**Paid**