

Gallovidian Dumfries 10k Road Race

Tuesday 2nd September 2008 at 7.00 p.m.

Fast, Flat, Accurately Measured Course.
Start and Finish at the David Keswick Athletic Centre, Dumfries.
S.A.L. Permit No.2425, Under U.K. Athletics Rules.

T-Shirts To All Finishers

Extensive Prize List

First 10 Senior Men and Women

First 3 Veteran Men in over 40, over 50, over 60 Categories

First 3 Veteran Women in over 35, over 45, over 55 Categories

£100 For 1st Male Below 30 Minutes and 1st Female Below 35 Minutes

Race Entry Limited to 300 Runners

Closing Date for Entries 26th August 2008, or When Limit Reached

---NO ENTRIES ON THE DAY---

Individual Entry

Name.....Date of Birth.....Age on 2/9/08.....
Address.....Male/Female.....Tel. No.....
.....SAL/UKA Number.....
.....Where Did You Obtain This Form.....
.....Best 10k Time.....
Affiliated Club (if any)..... (Club Vest Must Be Worn)
Email Address.....

Entry Fee ~ £10.00 Unattached. £8 SAL/UKA Members

Border Harriers ~ £1

Team Entry

Team Entries Must be Submitted Together With all Three Individual Entries

Team Member 1.....

Team Member 2.....

Team Member 3.....

Team Name.....Entry Fee Per Team £6.00

Declaration

I hereby declare that I am an amateur under B.A.F. laws. I also declare that I will be over 15 years of age on the day of the race and that my participation in this event is entirely at my own risk and that none of the organisers and sponsors of this event nor their members, servants or agents shall be held liable in any way whatsoever in connection with any loss, damage, injury or death either caused to, suffered by, or caused by me.

Signature.....Date.....

(Signature of Parent /Guardian if Entrant is Under 18 Years Old)

from ukresults.net

1. Completed Entry Form

2. Cheque Payable to Dumfries Border Harriers

3. Stamped Addressed Envelope

To be sent to~

Steve Head, 18 Undercraigs Road, Calside, Dumfries, DG1 4YA

Email: ~ steve@mile26.fsnet.co.uk

SPONSORED BY GALLOVIDIAN FRESH FOODS

ORGANISED BY DUMFRIES BORDER HARRIERS