

Inverness Harriers AAC  
Queens Park Stadium  
Inverness  
IV3 5SS



Visit our website:  
[www.invernessharriers.org.uk](http://www.invernessharriers.org.uk)

# THE DOCHF0UR DASH 2013

## Wednesday 19<sup>th</sup> June – 7.15 Start

(SAL Permit event held under UK Athletics Rules)

**Registration:** 6:00-6:45pm at Harriers' Clubhouse, Queens Park, Inverness

**Race Start:** 7.15pm, Rowing Club. Near Caledonian Canal Bridge, Glenurquhart Rd.

**Entry Fee:** Non SAL: £5. SAL Member: £3

**Senior Race 5.2 mile. Junior Race 1.75 mile approx.**

### OFF ROAD TRAIL RACE

Showers, changing facilities and post race refreshments available at Queens Park Stadium.  
Entries accepted on Race Day.

Please use block capitals and complete all sections of this form.

MALE: ..... FEMALE: .....

SURNAME: .....

FIRST NAMES: .....

ADDRESS: .....

TOWN/CITY: .....

HOME TEL: .....

E-MAIL: .....

DATE OF BIRTH: ..... AGE ON RACE DAY: .....

NON SAL: ..... SAL REGISTERED: ..... (NUMBER) .....

CLUB NAME: .....

**Data Protection:** Your personal details are held for race administration purposes and informing you of future events. We may also use images of this and past events on our website. Data will NOT be used for any other purpose nor will it be passed onto any third parties or agencies.

**Disclaimer:** I declare that I am medically fit to run and understand that I do so at my own risk and that the organisers will not be liable for any loss or damage, claim or expenses which may arise as a result of my taking part in this event or from the postponement or cancellation of the event for any reason whatsoever. I also agree to be bound by the laws and rules of UK Athletics;

SIGNED: ..... DATE: .....

Further details contact LEE ROSS. Email: [wwiljross@btinternet.com](mailto:wwiljross@btinternet.com)