



INVERNESS HARRIERS 10K

SUNDAY 19TH JULY 2015 - 2pm

(SAL Permit event held under UK Athletics Rules)

Prizes: 1st, 2nd and 3rd Male and Female. 1st Male and Female 50+ and 1st Male and Female Teams.

Entry fee: SAL member £8 Non SAL member £10

Entry fee includes medal and admission to Inverness Gala - Registration from 11am

Please use block capitals and complete all sections on this form

MALE.....FEMALE.....

SURNAME.....

FIRST NAMES.....

ADDRESS.....

.....

.....

TOWN/CITY.....

HOME TEL.....

E-MAIL.....

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

NON SAL..... SAL REG (NUMBER).....

CLUB

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 rules of UK Athletics

Signed..... Date.....

This is a new event organised by **Inverness Harriers** in partnership with The Highland Council as part of **The Inverness Gala**. **The Route** follows the River Ness down by Inverness Cathedral then on to Bank St on the City Centre side and down the front of the City Harbour to a turning point at Inverness Caledonian Thistle Stadium where it turns on itself back to the finish by the opposite side of the river from the Waterloo Bridge. **The race is only suitable for runners who can complete the course within 90 minutes** as the road closures will only be available during that period. Runners will be stopped if they go over the time limit.

Parking (£2) Changing and Registration will be in the Bught Area/Arena (Look for Inverness Harriers 10K Road Race Tent) **Chip Timing** will be in operation and runners must return chips upon finishing or they will incur an additional £5 charge.

Send entries to Charlie Forbes, Ness House, Drummond Road, Inverness. IV2 4NZ by **Monday 13th July**. (Entries on day limited to 50 people only)

Data Protection: Your personal details are held for 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 to any third parties or agencies.