

GLEN LEDNOCK ROAD RACE, 2009

SUNDAY, MAY 10th, START TIME: 10.30am at Carmichaels Builders Yard, Monument Road, Comrie, By Crieff, Perthshire PH6 2LP

Entry Fee £10 for affiliated runners, £12 for non affiliated and £4 for junior runners.

A permit to stage this event has been obtained from Scottish Athletics (SA).

Race starts outside the yard on Monument Road and takes you up into beautiful Glen Lednock to Ben Chonzie Car Park and returns to Monument Road in Comrie.

The course begins with an uphill run for half a mile then undulates for 4.25 miles to the turning and water point at Ben Chonzie Car Park. You then return to Comrie on the same route making a total of 8.5 miles. The course has been measured electronically.

There will be three water points on the course. There are also two Cattle Grids on the way but these will be closed off for the race and manned by our marshals. First Aid officials will be in attendance throughout the course.

PRIZES Open Category: (Prizes given as money or vouchers to the same value)

Female & Male: First: £40 (each), Second: £25 (each), Third: £20 (each)

First Female & Male Vet: £20 (each) **First Female & Male Extreme Vet:** £20 (each) **First Local Female & Male:** £20 (each)

'Last but not least' Female & Male: Mystery Prizes

Name	
Address	
	Post Code
Email	Telephone
Club	SA Affiliation Number
Date of Birth	Sex
Race Category	Male (over 18) <input type="checkbox"/> Male (over 40) <input type="checkbox"/> Male (over 50) <input type="checkbox"/>
Please tick one category	Female (over 18) <input type="checkbox"/> Female (over 35) <input type="checkbox"/> Female (over 45) <input type="checkbox"/>
	Junior Male (11 to 13) <input type="checkbox"/> Junior Male (under 15) <input type="checkbox"/> Junior Male (under 18) <input type="checkbox"/>
	Junior Female (11 to 13) <input type="checkbox"/> Junior Female (under 15) <input type="checkbox"/> Junior Female (under 18) <input type="checkbox"/>

ANY ENTRANT ACHIEVING £50 SPONSORSHIP FOR THE TRUST WILL RECEIVE FREE ENTRY TO THE EVENT

Please enclose FEE: SA members £10.00

Non SA members £12.00, Juniors £4.00

All cheques made payable to

"THE MARGARET J GORDON ART & CRAFT AWARDS"

Cheques should have address and card number on the back

Please enter me for the above, 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, damage action, cost or expenses, which may arise as a result of my taking part in this event or from the postponement or cancellation of this event for any reason whatsoever. I agree to be bound by the laws and rules of UK Athletics, and will not hold the organisers or sponsors responsible for personal property lost or damaged during the race or in the car parks.

Signed _____
**If under 18, to be signed by a Parent or Guardian*

Date _____

Send Entry form to:

Mr J R Gordon,

8 Park Place, Tillicoultry FK13 6AT

Tel: 01259 752203 or mobile 07519 284 629

Also contact John Gordon for details of sponsorship forms. E-mail: margaretgordon1@talktalk.net

Entry forms can also be downloaded from www.scottishathletics.org.uk

NOTE: Race numbers will NOT be posted to you. You must collect them at registration on race day. If you include an email address, we will send you confirmation of your entry.



Race Number _____

Notes _____
