KILMARNOCK HARRIERS

10K road race & 5K fun run

Wednesday 1st July 2009
St Joseph's Academy,
Grassyards Rd, Kilmarnock

Supported by ASDA and raising money for Cash for Kids.
A % of entry fees will be donated to Cash for Kids

Pre entry by **26th June** to: A Murray, 22 South Hamilton St, Kilmarnock, KA1 2DN
Cheque made payable to "Kilmarnock Harriers"
(Race numbers will be issued on the night.)

5K starts at 6.45pm. 10K starts 7.30 p.m.
Declarations from 6 p.m.

5k Fun Run - £8
10k Road race- £6(Scottish Athletics members) £8 others
(£1 addition for entry on the night)

Spot Prizes for 5k

10k Prizes: 1st Male/Female - £50, 2nd Male/Female - £20
3rd Male/Female - £10
Prizes for Veteran Categories and 1st Male & Female Teams

Visit www.kilmarnockharriers.com

ASDA

Kilmarnock Harriers & Athletic Club

Event Entered		Club				
Surname		Scottish Athletic Number				
First Name		Date Of Birth (DD/MM/YY)				
Address Line 1		Category (Must Be Over 15) Cross The appropriate Box		Senior Male		Senior Female
Address Line 2				Male V40		Female V35
Town				Male V50		Female V45
Postcode				Male V60		Female V55
E-mail Address						

I declare that I am medically fit to participate and take part at my own risk and cannot hold the organisers responsible for any injury sustained by myself, or for any property lost during the race or from the changing rooms.

Signed : _____ Date: _____