



KILMARNOCK HARRIERS

5m Trail Race

Wednesday 11th August 2010
 St Joseph's Academy,
 Grassyards Rd, Kilmarnock

Declarations from 6 p.m at St Josephs Academy.

Race starts 7.15 p.m. at Dean Castle Country Park

Entry- £6 (Scottish Athletics members) £8 others

Pre entry by 9th August to: A Murray, 22 South Hamilton St, Kilmarnock, KA1 2DN
 Cheque made payable to "Kilmarnock Harriers"
 (Race numbers will be issued on the night.)

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



Surname
 First Name
 Address

 Town
 Postcode
 E-mail Address

Club		
Scottish Athletic Number		
Date Of Birth (DD/MM/YY)		
Category (Must Be Over 15)	Senior Male	Senior Female
Cross The appropriate Box	Male V40	Female V35
	Male V50	Female V45
	Male V60	Female V55

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: