

**Portobello Running Club  
Portobello 4 Mile Road Race  
Adult Entry Form**

**Thursday 18th June, 2009  
Portobello Promenade 7.15 pm**

**In aid of *Erskine* to support disabled ex-service personnel  
Sponsored by *Run and Become***

**NOTE: CHANGE OF VENUE from Towerbank School to the  
Indoor Bowls Centre on Westbank Street**

Start and Finish on Portobello Promenade near the indoor bowls centre. Registrations on the day until 6:45 pm.

Course Record Male: D Naylor 19:28  
Course Record Female: A Mudge 22.20

Race Number Issued:

**Category:** (tick one)

- Female Senior** (Under 35)     **Female Vet** (35-44)     **Female SuperVet** (45+)  
 **Male Senior** (Under 40)     **Male Vet** (40-49)     **Male SuperVet** (50+)

Age on Race Day

Tick amount to pay (Cash only, no cheques please)

**£5** Scottish Athletics members    Membership No:

**£7** Non-members

Print Full Name: \_\_\_\_\_

Address / Postcode: \_\_\_\_\_

Contact Telephone No: \_\_\_\_\_ Club: \_\_\_\_\_

I declare that I am physically fit and renounce and rights or claims for damages against the organisers for any loss, injury or damage that occurs as a result of my participation in this event

Signed: \_\_\_\_\_ Date: \_\_\_\_\_