

Portobello Running Club

4 Mile Road Race – Entry Form

7.15 pm Thursday 23rd June, 2011

**Indoor Bowls Centre, Westbank Street, Portobello Promenade
£7 or £5 for SA members**

Registrations

Registrations can be made in cash on the day at the Indoor Bowls Centre between 5:30pm - 6:45 pm

Course Details

The course starts and finishes on the promenade near the indoor bowls centre. A course map can be found at www.newportobellorunners.co.uk

Course Records Male: D Naylor 19:28 Female: A Mudge 22:20

Enquiries: www.new.portobellorunners.co.uk

Or email info@portobellorunners.co.uk or call Ian McMillan on 0131 669 1344

Category: (tick one)

- | | | |
|---|---|--|
| <input type="checkbox"/> Female Senior (Under 35) | <input type="checkbox"/> Female Under 18* | <input type="checkbox"/> Male Under 18* |
| <input type="checkbox"/> Male Senior (Under 40) | <input type="checkbox"/> Female Vet (35-44) | <input type="checkbox"/> Female SuperVet (45+) |
| | <input type="checkbox"/> Male Vet (40-49) | <input type="checkbox"/> Male SuperVet (50+) |

Age on Race Day: _____

Race Number Issued:

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

- £5 Scottish Athletics Members (SA No.): _____
- £7 Non-members

Personal Details:

Print Full Name: _____

Address / Postcode: _____

Contact Telephone No: _____ Club: _____

Emergency Contact Telephone No: _____

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: _____

* If under 18 the signature should be that of the parent/guardian. Minimum age is 15 years on race day. Under UK Athletics rules and a Scottish Athletics event.

Sponsored by Run and Become

For further information and past results see www.new.portobellorunners.co.uk