



Tiree 10K 2010
Saturday 29th May 2010 from 1pm
Start and finish at An Talla



(scottishathletics Permit Event. Promoted under UK Athletics rules)

10k Entry fee: £7 for non Scottish Athletics members (£5 SA members)

Power Push: £7

Under 16s Race and Family Fun Run fee: £2

Minimum age for 10km event is 16 yrs.

Under 16s race is approximately 4km and open to ages 16yrs and under

Family Fun Run is open to all ages though children under 9 yrs must be accompanied by parent/guardian. Distance is approximately 2km.

Places limited so make sure you get this form in early. Further details are available at www.tireefitness.co.uk

First name:

Surname:

Event entered: **10km run** **10km walk** **U16 Race** **Family Fun Run** **Power Push**
(Please circle)

DOB:

Age on race Day:

Male/Female:

Club (if applicable):

Scottish Athletics No (if applicable):

Address:

Tel:

Email:

I declare that I am an amateur as defined under SA rules and all associated bodies and will abide by those rules. I will be 16 years of age or older on the day of the race (10km participants only). I hereby agree that the organisers or their associates shall not be liable for any loss, injury, accident or damage as a consequence of my participation in the event. I will not participate in the event unless I am medically and physically fit to complete the proposed distance.

Signed:

Date:

If under 16

Parent/guardian signature:

Race results will be posted in the evening at An Talla and at www.tireefitness.co.uk

Please make cheques payable to "Tiree Fitness Solutions" and return with completed form to:

Tiree Fitness
Tir A Chladaich
Sandaig
Isle of Tiree
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Tel: 07768 462 613

Email: will@tireefitness.co.uk

