

5 MILE TRAIL RACE

Organised by Ayr Seaforth AC
(Scottish Athletics permitted event under UKA rules)

Venue: Dam Park Athletics Stadium, Content Avenue, Ayr, KA8 OET

Date: Wednesday 25th August 2010

Race start at 7.15pm

Minimum age 15yrs on the day of the race

Entries accepted on the night from 5.30pm **Entry fee: £8 SAF members: £6**

Pre entries: (before 20th August 2010 £1 discount) to:

Laurence Baker, 10 Mainholm Smallholdings, Ayr, KA6 5HD

Cheque payable to "Ayr Seaforth"

Further information from race@ayrseaforth.co.uk or phone 07887794882

First name	
Surname	
Address	
Postcode	
E- Mail	
Tel no.	
Male / Female	
DOB	
Category (circle)	MJ (15-19) MS MV40 MV50 MV60 FJ (15-19) FS FV35 FV45 FV55
Club or unattached	
SAF no.	

Waiver: All athletes taking part in Scottish athletics sanctioned events are held to have read and understood the rules governing the sport and be in full agreement with the following disclaimer.

I declare that: I am medically fit to compete in endurance sports. I participate in these events at my own risk. I assume that no liability what-so-ever will be placed upon Scottish athletics or Ayr Seaforth AC for any injuries sustained, or for any loss or damage to personal property or equipment, before, during or after an event or from any designated changing area.

Signature of competitor Date.....
(or parent/ Guardian if under 18)