



Event **scottishathletics 4k CHAMPIONSHIPS**  
**Part of the Stewarts Cross Country Grand Prix Series 2010-11**  
 Venue **BELLAHOUSTON PARK, GLASGOW (Registration & declarations at Bellahouston Sports Centre)**  
 Date **SUNDAY 30<sup>th</sup> January 2011**

RACE	RACE STARTS	DISTANCE	ENTRY FEE
scottishathletics Senior / Under 20 Men 4k Championships	1.00	4000 metres	£4.50 per athlete
scottishathletics Senior / Under 20 Women 4k Championships	1.30	4000 metres	£4.50 per athlete

**Please Note:- Declarations close 30 minutes prior to each event.**

**IMPORTANT NOTES**

- (1) All athletes entered must be members of the Scottish Athletics Membership Scheme.
- (2) Under 20 athletes are those born between 1 September 1990 and 31 August 1993.
- (3) Location map etc will be shown on the Scottish Athletics website [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)
- (4) Team scoring is 4 for Men and 3 for Women.

**ENTRIES CLOSE first post on FRIDAY 21<sup>st</sup> JANUARY 2011**

With:- GRAHAM SWORD **NO LATE ENTRIES**  
 Scottish Athletics  
 Caledonia House, South Gyle Cheques payable to 'Scottish Athletics'  
 Edinburgh EH12 9DQ



## ENTRY FORM

scottishathletics 4k CHAMPIONSHIPS – 30<sup>th</sup> January, 2011

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ Post Code \_\_\_\_\_  
 Telephone Number \_\_\_\_\_  
 scottishathletics No. \_\_\_\_\_  
 Club \_\_\_\_\_  
 Date of Birth \_\_\_\_\_