



# The Jack Crawford SPRINGBURN CUP

**10K RACE ALONG THE FORTH & CLYDE CANAL TOWPATH  
SATURDAY JANUARY 15TH 2011**



Under UK Athletic rules and SAL permit event with certified measurement

**RACE STARTS AT 2.30pm** (Declarations close 30 minutes before race)

DECLARATION, CHANGING AT: Bishopbriggs Leisuredrome, Balmuildy Road, Bishopbriggs, Glasgow, G64 3HD

Pre-Entry Fee (*appreciated*) £8.00 for SAL members £10.00 for non-SAL members

On Race Day (*an additional £2.00*) £10.00 for SAL members £12.00 for Non-SAL members

Pre-Entry to Alan Hill, 6 Heather Place, Lenzie, Glasgow, G66 4UJ - *Cheques payable to 'Springburn Harriers'.*

Pre-Entries must be received by Monday 10th January 2011. **Participants must be 16+ to enter race.**

Official use only:

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Club \_\_\_\_\_ SAL membership No. \_\_\_\_\_

Male  Female  Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on race day \_\_\_\_\_

Email \_\_\_\_\_

Race Category *Please tick one category*

Male  Male Vet 40+  Male Vet 50+  Male Vet 60+   
 Female  Female Vet 35+

*I don't want to receive email updates and announcements with regards to future Springburn Harriers events*

Please note that race numbers will **NOT** be posted to you. You must collect them at registration on race day. If you include an email address, we will send you confirmation of your entry. A regularly updated entry list will be published at [www.springburnharriers.com](http://www.springburnharriers.com)

I confirm that I am eligible to compete under SAL rules and the particulars given above are correct in every detail. I am medically fit to compete and will not hold the organisers responsible for any injury, illness or loss to my person or property.

Signature \_\_\_\_\_ Date \_\_\_\_\_