

SPECIAL RUNNING FESTIVAL OFFER

£5.00 OFF ALL

ADIDAS RUNNING FOOTWEAR
AND RUNNING CLOTHING

EXCLUDES ANY PRODUCT ON SPECIAL OFFER. THIS OFFER AVAILABLE UPON PRESENTATION OF THIS VOUCHER UNTIL 30 JUNE 2009.



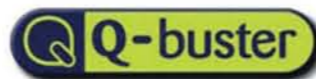
GREAVES
Sports
ANOTHER LEVEL

Gordon St. and
Sauchiehall St. Glasgow
www.greavessports.com



SUPPORTED BY

jogscotland



www.q-buster.co.uk



PLEASE SEND COMPLETED ENTRY FORMS TO:

SPORTS SERVICES
EAST RENFREWSHIRE COUNCIL
SPRINGHILL PRIMARY SCHOOL
SPRINGHILL ROAD
BARRHEAD
G78 2SE

FURTHER INFORMATION:

PLEASE CONTACT:
LIZ ON 0141 577 3921
GORDON ON 0141 577 3924
SARA ON 0141 577 8479
DAVID ON 0141 577 3920
SHEILA ON 0141 577 4934

STRETCH YOUR LEGS IN THE

GREAVES
Sports

Running Festival

**THURSDAY
11TH JUNE 2009
ENTRY FORM**

ROUKEN GLEN PARK

**10K PRE ENTRY ONLY
5K & CHILDREN'S RACES**

****NEW TEAM PRIZE****

Business Team Prize

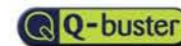
For 5K

Club Team Prize

For 10K

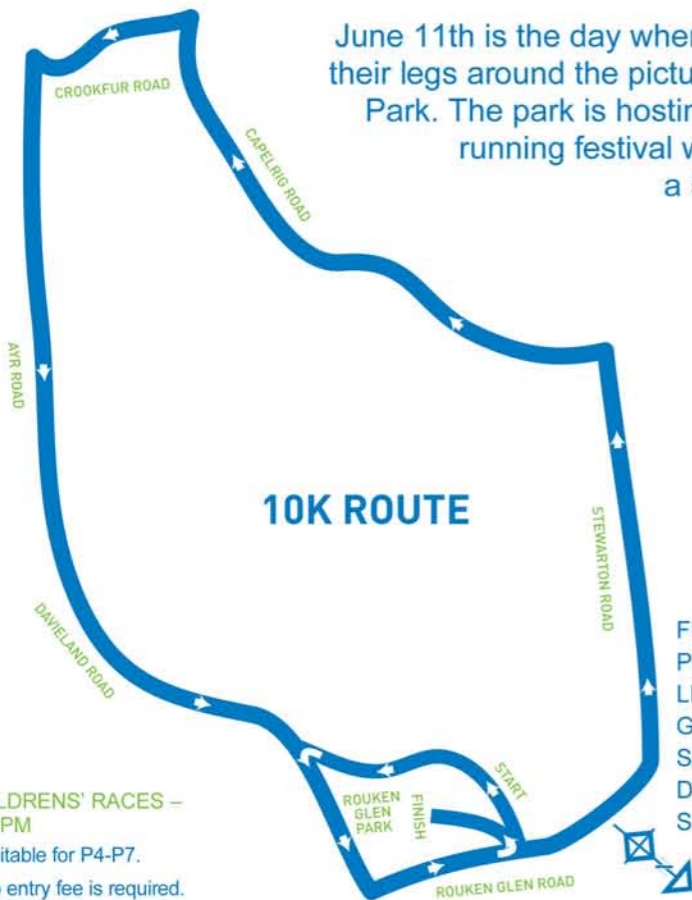


IN PARTNERSHIP WITH



www.q-buster.co.uk





June 11th is the day when runners will stretch their legs around the picturesque Rouken Glen Park. The park is hosting a summer evening running festival with children's races, a 5K fun run and a 10K.

10K ROUTE

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CHILDRENS' RACES – 5.45PM

- Suitable for P4-P7.
- No entry fee is required.
- All children will receive refreshments.
- Distance 1K approx.

5K FUN RUN – 6.45PM

- Suitable for 12 years and above.
- Must be 12 years of age on day of event.
- The event will take place within the boundaries of Rouken Glen Park.
- All finishers will receive a T-shirt on completion of the run.
- The cost is £7.00 and should be pre-booked or paid on the evening of the event

REGISTRATION – 5K

- Registration at Rouken Glen Park, Rouken Glen Road, Giffnock on 10th June from 5pm – 7pm and on 11th June from 5pm – 6.15pm. Collect Pre Entry Numbers at the pavilion.

10K – 7.45PM

- Aerobic warm up for event starts at 7.15pm.
- 10K suitable for 15 years and above.
- Must be 15 years of age on day of event.
- The race will start and finish in Rouken Glen Park and take in many of the surrounding roads on the way
- The cost is £11.00

- £2.00 discount for Scottish Athletics members.

- All finishers will receive a T-shirt on completion of the run.

REGISTRATION - 10K

- Pre registration is requested to facilitate timing chip.
- Registration can be done online 24 HOURS A DAY at www.q-buster.co.uk
- Running numbers and timing chip will NOT be sent out.
- Running numbers and timing chip for advanced entry should be collected from pavilion (adjacent to children's play area) Rouken Glen Park, Rouken Glen Road, Giffnock from 5pm on the 10th/11th June prior to race start.
- Please note registration will not be possible on the evening of the event.
- The 10K race is under UK athletics rules and is a Scottish Athletics permit event.

PLEASE ALLOW ENOUGH TIME TO TRAVEL TO EVENT DUE TO CONGESTION AND LIMITED PARKING. ALL RACES AND PRIZE GIVING WILL RUN PROMPTLY.

ENTRY FORM

ONLY ONE PERSON PER ENTRY FORM

TITLE MR MRS MISS MS OTHER

SURNAME

FIRST NAME

D.O.B

AGE ON DAY

HOUSE NO.

STREET

TOWN / CITY

POSTCODE

DAYTIME TEL NO

MOBILE TEL NO

EMAIL ADDRESS

5K

£7.00

10K

£11.00

£2.00 DISCOUNT
IF SCOTTISH
ATHLETICS MEMBER

SCOTTISH ATHLETICS NO.

CLUB

PLEASE TICK APPROPRIATE BOX

MALE		FEMALE	
15-34	35+	15-34	35+
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TEAM PRIZES:

Prizes will be awarded to the first club in 10K first 3 runners to count.
Prizes will be awarded to first business in 5K first 3 runners to count

Running numbers and timing chip will not be sent out. Collect at Pavilion, Rouken Glen Park, Rouken Glen Road, Giffnock from 5pm on 10th/11th June prior to race start.

I declare that I am medically fit and that I will not hold the organisers responsible for any injury, illness, loss to person or property, however caused, and the details on this application are correct.

SIGNED

DATE

To pay for either event in advance, send your completed entry form with a cheque for the amount made payable to "East Renfrewshire Council" before Monday 8th June 2009 to:
Sports Services, East Renfrewshire Council, Springhill Primary School, Springhill Road, Barrhead, East Renfrewshire G78 2SE
All cheques processed within 7 working days. No confirmation sent. Please check your bank account.
For multiple entries paid by cheque please state on reverse of cheque a breakdown of events being paid for.

www.eastrenfrewshire.gov.uk/runningfestival or register online at www.q-buster.co.uk

NAME	ADDRESS	POSTCODE	EMAIL	PRODUCT	SIZE
_____	_____	_____	_____	_____	_____

NAME	ADDRESS	POSTCODE	EMAIL	PRODUCT	SIZE
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