

DUNBARTONSHIRE AAA AND RENFREWSHIRE AAA

TOUR OF CLYDESIDE SERIES OF RACES
(Under UK Athletics Rules. scottishathletics Permit)

MONDAY 4 AUGUST – FRIDAY 8 AUGUST 2008

A series of 4 races as detailed below all starting at 7.15pm.

Please come changed and ready to run. All distances shown are approximate.

- Monday 4th – 5½ miles trail race on the cycle track starting and finishing in Kilbarchan
- Tuesday 5th – rest day
- Wednesday 6th – 3 miles canal bank race at Clydebank
- Thursday 7th – 5k multi terrain race at Dawsholm Park, Glasgow
- Friday 8th – 10k Road Race at Cartha Queens Park Rugby Club, Dumbreck Road, Glasgow

Series Prize List: 1st, 2nd and 3rd Male and Female, 1st MV40, 1st MV 50, 1st MV60, 1st FV35, 1st FV45 Awards calculated by summation of individual times from each race. All races must be completed to qualify for the series awards. Prizegiving on 8th August at Cartha Queens Park Rugby Club at 8.15pm approx

Entry Fees: £10 for the Series pre entries - scottishathletics registered – £12 Unregistered. Series entries on the Monday £2.50 extra. Entries will be accepted for individual events at an Entry Fee of £4 per event registered £6 unregistered. The completed entry form and the appropriate entry fee (please make cheques/POs payable to Tour of Clydeside) for postal entries should be sent with a Size A5 SAE (9x6¾ ins) to: Stuart Irvine, 86 Ravenscliffe Drive, Giffnock, Glasgow G46 7QS to arrive **no later than Saturday 2nd August 2008**. Series entrants and entrants for the 5 miles and 10k must be 15 years of age or over on 31st August 2007. Individual entrants for the 3 miles and 5k races must be 13 years of age and over on 31st August 2007.

ENTRY FORM

Name.....

Event.....(please insert “Series” if entering all events)

Athletic Club.....

Address.....

Date of Birth.....Age on 4/8/2008..... scottishathletics RegNo

Category(Male, Female, FV35, MV40, FV45, MV50 or MV 60 as appropriate)

I enclose cheque or PO No.....for £..... in respect of the entry fee for the Tour of Clydeside Race(s).

I declare that I will abide by the laws and rules of the Governing Bodies, that I will not compete in any race unless I am medically fit and accept that I will compete at my own risk.

I accept that neither the organisers nor the sponsors will be liable for any loss, damage, action, claim, costs or expenses which may arise in consequence of my participation in these events.

Signature.....Date.....