

# TRAIL RACES 2017

INCORPORATING THE EWAN MURRAY MEMORIAL 3K

## Friday 30th June

East Kilbride Sports Club  
Calderglen Country Park  
Strathaven Road  
East Kilbride



Est. 1984

## CALDERGLEN HARRIERS

Supported by - EKGTA Ltd & RUN-4-IT

### Timetable

- 6:00pm Under 9's 1km Fun Run
- 6:30pm Under 12's & Under 15's 3km Trail Race
- 7:00pm Over 15's 5km Trail Race
- 7:30pm 10km Trail Race (U17, U20, Senior & Vets).

Register/number pick-up at EK Sports Club from 4pm until 30mins before each race. Postal/on-line entry recommended.

### Entry Fees

(SAL Member/non-member)

Under 9's 1km £1.50/£1.50

Under 12's/15's 3km £2/£2

Over 15's 5km £6.50/£8.50

10km £9/£11

On the day entries: +£1 for 1k/3k.

+£2 for 5k/10k extra on the day.

**See entry form for age details.**

£1 of every 5k/10k entry donated to Deaf-Blind Scotland

A series of off-road races for all the family, run on the paths and trails of Calderglen Country Park.

**Full 10km Prize List**

**1km, 3km, 5km Prize List**

Snacks and refreshments



**PTO for Entry Form**

on-line entry available at [www.entrycentral.com](http://www.entrycentral.com)

Further details on [www.calderglenharriers.org.uk](http://www.calderglenharriers.org.uk)



SA Permit

# CALDERGLEN HARRIERS

## TRAIL RACES

INCORPORATING THE EWAN MURRAY MEMORIAL 3K

30th JUNE 2017

SUPPORTED BY EKGTA LTD

& RUN-4-IT

UNDER UK ATHLETICS RULES  
SCOTTISH ATHLETICS PERMIT EVENT

PLEASE COMPLETE IN BLOCK CAPITALS

FORENAMES..... SURNAME.....  
ADDRESS.....  
.....  
.....POST CODE.....  
DATE OF BIRTH..... AGE ON DAY OF RACE.....  
TELEPHONE NO..... MALE OR FEMALE.....  
SAL AFFILIATION NO..... CLUB NAME.....  
E MAIL ADDRESS.....

PLEASE TICK ONE OF THE FOLLOWING BOXES

			SAL MEMBER/	NON MEMBER	TIME	
1K	(BORN ON OR AFTER 1/09/2007	)... <input type="checkbox"/>	PRE-ENTRY FEE	£1:50	£1:50	6:00pm
3K	U/12 (BORN 1/09/2004 TO 31/08/2007	)... <input type="checkbox"/>	PRE-ENTRY FEE	£2.	£2	6:30pm
3K	U/15 (BORN 01/09/2001 TO 31/08/2004	)... <input type="checkbox"/>	PRE-ENTRY FEE	£2.	£2	6:30pm
5K	(BORN ON OR BEFORE 31/08/2001	)... <input type="checkbox"/>	PRE-ENTRY FEE	£6.50	£8.50	7:00pm
10K	(BORN ON OR BEFORE 30/06/2001	)... <input type="checkbox"/>	PRE-ENTRY FEE	£9	£11	7:30pm

AN ADDITIONAL FEE OF £1 FOR THE 1K & 3K IS PAYABLE FOR ENTRIES ON THE DAY  
AN ADDITIONAL FEE OF £2 FOR THE 5K & 10K IS PAYABLE FOR ENTRIES ON THE DAY

**£1 FROM EVERY 5K AND 10K ENTRY WILL BE DONATED TO DEAFBLIND SCOTLAND**

DECLARATION

I HEREBY DECLARE THAT I AM AN AMATUER ACCORDING TO SAL REGULATIONS. I ALSO DECLARE THAT MY PARTICIPATION IN THIS EVENT IS ENTIRELY AT MY OWN RISK, ORGANISERS WILL IN NO WAY BE HELD RESPONSIBLE FOR ANY INJURY, ILLNESS INCURRED BY MY PERSON DURING OR AS A RESULT OF THIS EVENT. I ALSO ACCEPT FULL RESPONSIBILITY FOR CLOTHING AND BELONGINGS AND DISCLAIM RESPONSIBILITY FROM THE ORGANISERS IN THE EVENT OF LOSS OR THEFT.  
ENTRY DETAILS AND RESULTS WILL BE SHARED WITH SCOTTISH ATHLETICS.

DATE..... SIGNATURE.....

(PARENT OR GUARDIAN IF UNDER 16)

CHEQUES MADE PAYABLE TO CALDERGLEN HARRIERS

ENTRIES TO:

MR R COUPER  
53 BORTHWICK DRIVE  
GARDENHALL  
EAST KILBRIDE G75 8YR



Entries available at <http://www.entrycentral.com>

**MEDALS TO ALL RACE FINISHERS**

**RACE NUMBERS TO BE COLLECTED ON THE DAY**

OFFICIAL USE ONLY

DATE RECEIVED.....

RACE NUMBER.....

CATEGORY.....