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# The Jack Crawford Springburn Cup

**10km Race along the Forth & Clyde Canal Towpath**

**Saturday January 12 2008**

**Under UK Athletic rules and SAL permit event with certified measurement**

**RACE STARTS AT 2.30pm**

## DECLARATION, CHANGING AT:

**Bishopbriggs Leisuredrome, Balmuilty Road, Bishopbriggs, Glasgow, G64 3HD**

**Pre-Entry Fee £6.00 for SAL members £8.00 for non-SAL members**

**Pre-Entry Yes, appreciated Additional £2.00 for entry on race day**

**Pre-Entry to Alan Hill, 6 Heather Place, Lenzie, Glasgow, G66 4UJ**

**Cheques payable to 'Springburn Harriers'. Collect number on race day.**

**Springburn Harriers website [www.springburnharriers.co.uk](http://www.springburnharriers.co.uk)**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Club** \_\_\_\_\_

**SAL membership number** \_\_\_\_\_ **eMail** \_\_\_\_\_

**Male/Female** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_

**Tick where appropriate: Under 20** \_\_\_\_\_

**Female 35+** \_\_\_\_\_ **Male 40+** \_\_\_\_\_ **Male 50+** \_\_\_\_\_ **Male 60+** \_\_\_\_\_

**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:** \_\_\_\_\_

Springburn Harriers wish to thank the following for their support	<b>Achilles Heel</b>	 British Waterways Scotland	 <b>BARR</b> SOFT DRINKS	SAUCONY
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