



Nairn 10k 2010

Sunday 7th March
2.30pm
Nairn High Street



Promoted under SAL rules. SAL permit event.
10k entrants must be over 16 years on race day
Registration – Nairn Community Centre – Nairn (from 1.00pm – 2.00pm)
Registration will close promptly at 2:00pm
For up to date race information please visit www.nairn10k.co.uk

Entry fee – UNATTACHED RUNNERS -	£9.00	(£2.00 extra if entering on day)
Entry fee – SAL REGISTERED** -	£7.00	(£2.00 extra if entering on day)
Entry fee – Fun Run -	£2.50	on-day entries only – no pre-registration available
Fun run minimum age 8 years (All fun runners aged 8-9 must be accompanied by an adult at all times)		

Please complete in BLOCK CAPITALS

PRE-ENTRIES MUST BE RECEIVED NO LATER THAN 27th FEB & INCLUDE FIRST CLASS SAE

SURNAME	
FIRST NAME	
DATE OF BIRTH	AGE ON RACE DAY
MALE / FEMALE	
RUNNING CLUB if unattached please indicate UA	
SCOTTISH ATHLETICS REGISTRATION No – ** Registered members of Scottish Athletics qualify for reduced entry fee SA registration number must be quoted for reduced entry rate.	SA
CONTACT TELEPHONE	
CONTACT E-MAIL	
WHEELCHAIR ATHLETE – Please indicate if applicable	
ADDRESS inc Postcode	

I hereby declare that I am an AMATEUR and that I am medically fit to run and I understand that I enter at my own risk to myself and my belongings and that I will not hold the organisers responsible for any injury, illness or loss to my person or property however caused.

Signed..... Date.....

Each runner **MUST** supply a standard size
FIRST CLASS STAMPED ADDRESSED ENVELOPE for confirmation/acceptance.

Cheques payable to NAIRN ROAD RUNNERS
www.nairn10k.co.uk e-mail enquiries – entries@nairn10k.co.uk

UNFORTUNATELY NO PRE-ENTRIES CAN BE ACCEPTED AFTER 27th FEBRUARY
Return entry forms to – Nairn 10k - C/o Mrs L Scott – 22 Table Rd – Nairn – IV12 5PF