

Gallovidian Dumfries 10k Road Race

10th Anniversary

Tuesday 4th September 2007 at 7.00 p.m.

Fast, Flat, Accurately Measured Course.
Start and Finish at the David Keswick Athletic Centre, Dumfries.
S.A.L. Permit No.2425, Under U.K. Athletics Rules.

T-Shirts To All Finishers

Extensive Prize List
First 8 Senior Men and Women
First 3 Veteran Men and Women
First 3 Senior-Veteran Men and Women

£250 For 1st Male Below 30 Minutes and 1st Female Below 35 Minutes

Race Entry Limited to 300 Runners
Closing Date for Entries 28th August 2007, or When Limit Reached
----NO ENTRIES ON THE DAY----

Individual Entry

Name.....Date of Birth.....Age on 4/9/07.....
Address.....Male/Female.....Tel. No.....
.....S.A.L. Number.....Best 10k Time.....
.....Where Did You Obtain This Form.....
Affiliated Club (if any).....(Club Vest Must Be
Worn)

Entry Fee ~ £9.00 Unattached. £7.00 SAL

Border Harriers ~ £1

Team Entry

Team Entries Must be Submitted Together With all Three Individual Entries

Team Member 1.....
Team Member 2.....
Team Member 3.....

Team Name.....Entry Fee Per Team £6.00

Declaration

I hereby declare that I am an amateur under B.A.F. laws. I also declare that I will be over 15 years of age on the day of the race and that my participation in this event is entirely at my own risk and that none of the organisers and sponsors of this event nor their members, servants or agents shall be held liable in any way whatsoever in connection with any loss, damage, injury or death either caused to, suffered by, or caused by me.

Signature.....Date.....
(Signature of Parent /Guardian if Entrant is Under 18 Years Old)

Completed Entry Form, Cheque Payable to Dumfries Border Harriers
and a Stamped Addressed Envelope to be sent to:

Steve Head, 18 Undercraigs Road, Calside, Dumfries, DG1 4YA

SPONSORED BY GALLOVIDIAN FRESH FOODS

ORGANISED BY DUMFRIES BORDER HARRIERS