

Aviemore 10k For All

SUNDAY OCTOBER 14th 2012



(S.A.L. Permit held under UK Athletics Rules)

'This event is suitable for all abilities. Mainly downhill road route from Glenmore, finishing alongside the Aviemore Half Marathon at Macdonald Aviemore Highland Resort'

Proceeds from the event will go to support the Speyside Trust Badaguish Centre by Aviemore, A Scottish charity 'helping people of all abilities enjoy the outdoors' If you wish to be a sponsored competitor for our charity – please request/download a sponsor form or make a page on www.justgiving.com

ENTRY FEE: NON-ATHLETICS SCOTLAND MEMBER £22 / ATHLETICS SCOTLAND MEMBER £20

PLEASE COMPLETE ALL SECTIONS USING BLOCK CAPITALS

Male Female Disability (we will contact you regarding any special requirements)

Mr/Miss/Mrs:.....
 Surname:.....
 First Name:.....
 Address:.....

 Town/City:.....
 Post Code:.....
 Tel No:.....
 Email:.....
 Date of Birth:..... Age on Race Day:.....(Must be aged 16 or over)
 Estimated Finishing Time: Hours.....Mins.....

ENTRY FEE ENCLOSED: (Please Tick)

£22 **Non-Athletics Scotland Member** **£20** **Athletics Scotland Member**

Athletics Scotland Membership Number:.....

Full Club/Team Name:.....

ALL CHEQUES PAYABLE TO 'THE SPEYSIDE TRUST'

Sorry, ENTRY FEES NON-REFUNDABLE

Full event details will available on the website from September
Data Protection

Your personal details will be held solely for the purpose of event admin, results and sending info on future events. We may use images from the event for website and PR purposes. No data will be passed to any third party or agency. If you object to images of yourself being published, please tick this box

Declaration: I declare that I am medically fit to run/take part in the event and understand that I do so at my own risk and that the organisers will not be liable for any loss, damage action, claim cost or expenses which may arise as a result of my taking part in this event or from any postponement or cancellation of this event for whatever reason. I agree to be bound by the laws and rules of UK Athletics.

I confirm I have read and fully understood the above Declaration, Rules, Regulations and Event Route

Signed Date.....

Please post completed entry forms & fee

Include an SAE if you prefer info posted (all information is available on the website).

'Aviemore 10k'

Badaguish Outdoor Centre, Aviemore, Inverness-shire PH22 1QU

A list of accepted entries will be available on the website

For further information see: www.aviemorehalfmarathon.org

Email: events@badaguish.org

Tel: 01479 861285 press 3

OFFICE USE:

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 Em.....
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 No: