



Nairn 10k 2013

**Sunday 3rd 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

Please note that course support will be withdrawn after 5.00pm

Entry fee – UNATTACHED RUNNERS -	£10.00 (£2.00 extra if entering on day)
Entry fee – SAL REGISTERED** -	£8.00 (£2.00 extra if entering on day)
Entry fee – Fun Run -	£3.00 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 22nd FEB & INCLUDE FIRST CLASS SAE

SURNAME			
FIRST NAME(S)			
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. As the scottishathletics Membership Scheme is the most comprehensive in the UK there are no longer reciprocal arrangements in place that allow athletes who are members of Clubs elsewhere in the UK to benefit from the £2.00 discount. Therefore all athletes who are not members of scottishathletics must pay a levy of £2.00 to enter and participate in each of these events.		SA	
CONTACT TELEPHONE			
CONTACT E-MAIL Please print clearly			
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.....

Runners **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 22nd FEBRUARY
 Return entry forms to – Nairn 10k - C/o Mrs L Scott – 22 Table Rd – Nairn – IV12 5PF