

**RONHILL Cambuslang Harriers**  
invite you to our annual

# Down By The River Races

inc. The Jimmy Sands Memorial Trophy  
Sunday 1st March 2015 @ 11am  
Cambuslang Rugby and Sports Club  
Langlea Rd, Cambuslang G72 8HG

Great opportunity to get your first 10, or 3k PB of the year on a fast flat course  
free tea/coffee and food post race in the club house

entry form overleaf...

we look forward to welcoming runners of all standards

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full details <http://cambuslangharriers.org>



**RONHILL CAMBUSLANG HARRIERS**  
**9th Annual Down By The River Races Entry Form**

Name: \_\_\_\_\_ DoB: \_\_\_/\_\_\_/\_\_\_ SA No: \_\_\_\_\_

Club: \_\_\_\_\_ Age on Day: \_\_\_\_\_ M/F: \_\_\_\_\_

Address: \_\_\_\_\_ Race Entered: 10k / 3k

\_\_\_\_\_ Tel: \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



**Small Print:**

I fully understand the hazards involved and participate entirely at my own risk; I agree to abide by the decisions of the organisers in all matters relating to the event. Once an entry has been accepted no monies will be returned and I declare that I will abide by the laws and rules of UK ATHLETICS and I accept that the organisers will not be liable for any loss, damage, action, claim, cost or expenses which may arise in consequence of my participation in this event. I declare that I will not compete in this race unless I am in good health on the day of the race and that, in any event, I will only compete at my own risk.

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

Entry Fee 10k	£6.00 SAF members (£8.00 non SAF)	extra £2 on the day
Entry Fee 3K	£4.00 Senior SAF (£6.00 non SAF)	extra £1 on the day
	£3.00 Young Athletes (£5.00 non SAF)	extra £1 on the day

Please return completed forms to Colin Feechan, 65 Aller Place, Livingston EH54 6RG

(cfeechan@yahoo.co.uk). Cheques made payable to: Ron Hill Cambuslang.

Changing and entries on the day from 9:00am -10:20am at Cambuslang Rugby and Sports Club,

Langlea Road Cambuslang, G72 8HG where all race numbers will be distributed.

Course start and finish is a gentle 1.5 miles warm-up / warm down away from the Sports Club. 1

0k Race Participants must be 16+ on the day of the race. In the case of extreme weather conditions the races will be switched to be XC races.