

RONHILL CAMBUSLANG HARRIERS

6th DOWN BY THE RIVER 10K AND 3K RACES

Sunday 4th March 2012 – 3k starts 10:55am, 10k starts 11:00am

10K Race Sponsors:



3K Race Sponsored by **Freddie & Barnie**

Scottish Athletics Permit No:

These races are run on accurate 10k and 3k routes. The 10k race is an out and back flat, fast and traffic free route along the River Clyde walkway. Full details are available from www.cambuslangharriers.org

Please forward pre-entries by **25th February 2012 to:** Michael Hendry, 83 Langlea Avenue, Cambuslang Glasgow G72 8AN (mjhendry@talktalk.net). 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. In the case of extreme weather conditions the races will be switched to be XC races so please bring spikes just in case.

Race Prize List for 10K race

1st, 2nd, 3rd Senior Male and Female
1st Female Veteran F35, F45 and F55
1st Male Veteran M40, M50 and M60
1st Junior Male and Female

Team prizes for 1st Senior Male and Female teams (3 to count)

Prize List for 3k race

1st, 2nd, 3rd Finishers
Age Group Prizes

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 (£4.00 non SAF) **extra £1 on the day**

Course records: Men Martin Williams 31min 25sec **Women** Clerc Koenck 36min 39sec

Name:	D of B: / /	Male / Female
Club:	Age on day:	SAF No:
Address:	Race Entered:	10k / 3k
	Email:	
	Tele No:	
Personal best:	Estimated time:	

Entry Form (athletes under the age of 16 years on race day require parental/guardian consent)

I fully understand the hazards involved and participate entirely at my own risk; I agree to abide by the decisions or 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.....

Office use only