

Entry Form

For Official Use

St Andrew's Hospice

Lanarkshire Ladies 6K Road Race in Strathclyde Park

Sunday, 18th April 2010—Start 10.30 am

Sponsored by

William Grant and Sons Ltd

Scottish Athletics Permit Event

Under UK Athletic Rules

Forget the London Marathon—this is the Race for Lanarkshire Ladies and Lasses from across Scotland

Good Course for Runners, Joggers, Walkers (age 15 and over)

Great Cause! Opportunity to raise funds to help Lanarkshire's Hospice to care for Patients from Lanarkshire Communities

Organised by St Andrew's Hospice in association with
North Lanarkshire Council And Scottish & Universal Newspapers
&

BLOCK CAPITALS PLEASE

Name: _____ (Mrs, Miss or Ms)

Address: _____

Post Code: _____

Date of Birth: _____ **Telephone No:** _____

Email address: _____

Category: 15 to 19 yr olds [] Entry Fee £ 8.00
20 and over [] Entry Fee £ 15.00
35 and over [] Entry Fee £ 15.00

Name of Club: _____ **Estimated Time for 6K in Minutes:** _____
(or state Unattached)

I enclose herewith my Cheque/PO being the amount of the entry fee (non refundable). The Cheque/PO has been crossed, made payable to *St Andrew's Hospice*, and I have printed my name and address on reverse side. I also enclose an A4 size self addressed envelope with a large first class stamp to enable Organisers to issue race numbers, information pack and sponsor form to me on receipt of this Entry Form.

Please enter me for the Race specified above. I am medically fit to run and fully understand that I enter at my own risk and that the Organisers will in no way be held responsible for any injury or illness incurred to my person during or as a result of the event, or for any property lost on the course or in the changing rooms. I understand that the Organisers reserve the right to refuse any entry without being bound to assign a reason.

NB: The Course is unsuitable for wheelchair athletes

Signature: _____ **Date:** _____

Entry Form (including A4 Self Addressed Envelope with large First Class Stamp) to:

St Andrew's Hospice, Henderson Street, Airdrie, ML6 6DJ

For more information please call 01236 766 951

Alternatively you can visit our website at

www.st-andrews-hospice.com

Charity No: SCO 10159