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Achilles Heel Bella 5K

5km Race Bellahouston Park

Sunday August 19th 2007

Under UK Athletic rules and SAL permit event with certified measurement

RACE STARTS AT 11am

DECLARATION AND CHANGING AT (from 930am): Bellahouston Bowling Club, Bellahouston Park, Glasgow

Pre-Entry fee £5 for SAL members and £7 for non-SAL members

Additional £2.00 for entry on race day (minimum age 16 on race day)

Cash and spot prizes plus goody bag with memento for all finishers.

Pre-Entry to Linda Kennedy, Flat 3/1, 28 Polwarth St, Hyndland, Glasgow, G12 9TX. Cheques payable to 'Bellahouston Road Runners'. (Pick up number on race day)

Name _____

Address _____

Tel. No. _____

Email address _____

Club _____

SAL membership number _____

Male/Female _____

Date of Birth _____

Please tick appropriate age category:

SF ___ **FV35+** ___ **FV45+** ___ **FV55+** ___ **FV65+** ___

SM ___ **MV40+** ___ **MV50+** ___ **MV60+** ___ **MV70+** ___

I confirm that I am eligible to compete under SAL rules and the particulars given above are correct in every detail. I am medically fit to compete and will not hold the organisers responsible for any injury, illness or loss to my person or property.

Signature: _____ **Date:** _____