



achilles heel Bella 5k



**Sunday 8th August 2010
at Bellahouston Park**

Registration and Changing at the Palace of Arts
from 9:30, 11:00am start

Pre Entry: SAF Members £5, non members £7
additional £2 for entry on the day

ah...

achilles heel Ltd.
running made better

As part of the 10 year anniversary of both
Bellahouston Road Runners and Achilles Heel
we will be holding a 10k race on 13th November.
Enter both races to receive a commemorative
technical T-shirt, see overleaf.

ENTRY FORM - Achilles Heel Bella 5k - 8th August 2010

Surname _____ Forename _____

Address _____

_____ Postcode _____

Tel No: _____

Age (on 08.08.10) _____ D.o.B. _____

Email Address _____

Name of Club _____

SAF Membership No. _____ M _____ F _____

MS ___ MV40 ___ MV50 ___ MV60 ___ FS ___ FV35 ___ FV45 ___ FV55 ___

Entry 5k only _____ 5k & 10k Pre Entry _____ SAF £8 non £12

I confirm that I am taking part in this event at my own risk and acknowledge that the organisers are not responsible for death, personal injury or illness arising from participation or consequence of participation in this race. I agree that the organisers are not responsible for any loss of property before, during or after the course of the event. I understand that official photographers will be present and allow my image to be used for public relations or marketing purposes.

Signed _____ Date _____

For queries regarding the race contact:

Bella5k@bellahoustonroadrunners.co.uk

Please make cheques / Postal Orders payable to: **'Bellahouston Road Runners'** and send your application form and payment to:

Alistair Kell, 16 Vennard Gardens, Strathbungo, Glasgow. G41 2DA