



Bella Ben Venue Challenge

bellahoustonroadrunners

Saturday 1st October 2011 Starts from Ben Venue Car Park, on Loch Achray

(Grid Ref 506 069)

Registration from 11:30-12:30, 1:00pm race start

SAF Members £5, non members £7. £1 extra for entry on the day.

All proceeds from the race go to Lomond Mountain Rescue Team funds.

Ben Venue is the heart of the Trossachs, nestling between Loch Katrine and Loch Achray. Close to Aberfoyle and only 30 minutes drive from Glasgow & Stirling, it offers an easy to access hill with a remote feel!

The race is 7.5 miles with 3000 feet of climb over good paths, rough paths and open pathless hillside. The course will only be partially marked, so entrants must be able to navigate on the open hill.

You will be required to carry a map, compass, whistle, full waterproof body cover, hat and gloves. Entrants must be over 18.

More information at www.shr.uk.com or
www.bellahoustonroadrunners.co.uk/events/benvenuechallenge

ENTRY FORM - Bella Ben Venue Challenge - 1st October 2011

Surname _____ Forename _____

Address _____

_____ Postcode _____

Tel No: _____

Age (on 01.10.11) _____ D.o.B. _____

Email Address _____

Name of Club _____

SAF Membership No. _____ M _____ F _____

MS _____ MV40 _____ MV50 _____ MV60 _____ MV70 _____

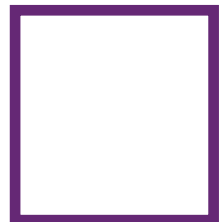
FS _____ FV40 _____ FV50 _____ FV60 _____ FV70 _____

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 _____



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Race Number