

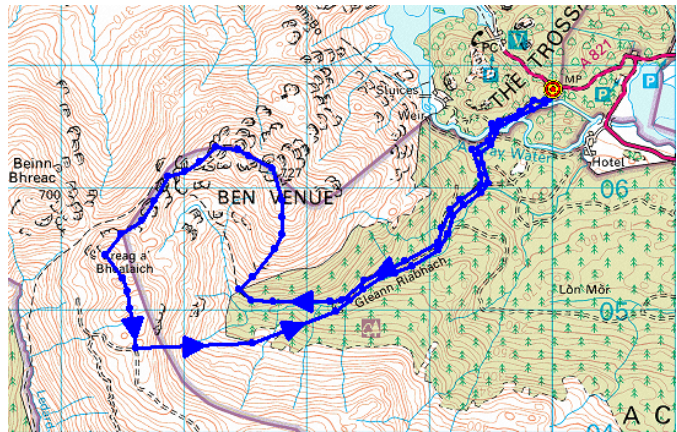


BELLA BEN VENUE HILL RACE



Saturday 3rd October 2009, 1pm start

In Aid of Lomond Mountain Rescue Team Funds



Registration from 11.30am at Ben Venue Car Park (Grid Ref 506 069)

Race start 1pm at Water board road end (Grid Ref 500 068)

Limited car parking available at Ben Venue, Ben A'an & Loch Katrine car parks. Please car share.

Over 18s only

7.5 miles with 3000 feet of ascent

The route is a mixture of paths & open ground. You will require the ability to navigate and will be required to carry a map, compass, whistle, full waterproof body cover, hat & gloves.

Prizes for seniors, vets & teams.

Environmentally friendly race – bring an old race number.

Latest race information can be found on www.bellahoustonroadrunners.co.uk/events/benvenuechallenge

Ben Venue Hill Race – 3rd October 2009

Cost £5 for SAF members, £7 for non-members – entries on the day only (from 11.30am)

All proceeds will go to Lomond Mountain Rescue Team Funds

Name:
Address:
.....
.....
Tel:
Email:
Date of Birth:
Club:
SAF number:

Male: Female:
Snr: Vet: Svet: Svet 60+:

Declaration: I take part in the Ben Venue Hill Race at my own risk, and am obliged under the conditions of the Race Insurance to carry the following:

- Waterproof body cover, hat & gloves.
- Suitable Map, compass and whistle

Signature: