

# Sunbeams Nursery 10k and Family Fun Run at Castle Toward

Saturday 11<sup>th</sup> June, 2011

**11.30am start for 10k, 11.45am start for Fun Run**



10k run along the lanes of Cowal, starting and finishing at Castle Toward

**Goody bag to all finishers - Family Fun Day - Refreshments - Parking**

Proceeds to Innellan and Toward Family Centre

Entry fee: £10 affiliated club runners, £12 unaffiliated. Cheques payable to I.T.F.C. Last day for postal entries, 30<sup>th</sup> May 2011.

This is a Scottish athletics Permit Event under UK athletics rules. Maximum 150 runners, over 15s only, entries on the day only accepted if limit is not exceeded.

Men's Open / Ladies Open / Male over 40 / Ladies over 40. Entrants are eligible for one prize only.

Please complete the entry form below and return with remittance and a 9x6" SAE to: Ann Campbell, ITFC, Old School, Wyndham Road, Innellan, Dunoon, PA23 7SJ

**Further details at [www.spanglefish.com/innellanandtowardfamilycentre](http://www.spanglefish.com/innellanandtowardfamilycentre)**

Full Name:.....

Address:.....

Postcode:..... Tel(day/eve):.....

Email:..... Male / Female (pls circle)

Date of Birth:..... Age on day:.....

Club/Team:..... Affiliated: Yes / No (pls circle)

*I declare that I will abide by the Laws and Rules for the competition of the SAA and other bodies, that I will be 15 years or over on 11<sup>th</sup> June 2011, that I will compete on foot and that I enter and intend running entirely at my own risk. To the extent permitted by the Unfair Contract Terms Act 1977, neither Innellan and Toward Family Centre nor it's sponsors and suppliers be liable for any loss, damage, illness or injury resulting from negligence, wrongful act or default of Innellan and Toward Family Centre, its sponsors and suppliers or their respective servants or agents or from any other cause, including an act of God or physical condition of the competitor.*

**Signature:..... Date:.....**