

# Atlantis Leisure Race Series 2009

## 10k – 23<sup>rd</sup> August

The starting point for this race will be in the car park at Atlantis Leisure. Runners will leave Atlantis and join onto Dunollie road, past the Corran Halls and along Corran esplanade, past Dunollie Castle towards Ganavan Sands. From Ganavan runners will follow Oban's new cycle path through the country side towards Dunbeg where they will turn back and finish back at Atlantis Leisure

Entry fees per person are £8 affiliated or £10 unaffiliated to a club. Late entries can be accepted on the day before 11am for a price of £12

To enter complete the attached form and send it with your entry fee and an A4 SAE to: The Race Organiser, Atlantis Leisure Dalriach Road Oban, PA34 5JE.

## Atlantis Leisure 10k Entry Form

First name: \_\_\_\_\_ Gender: \_\_\_\_\_

Surname: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Phone number: \_\_\_\_\_ SA reg no: \_\_\_\_\_

E-mail: \_\_\_\_\_ Club: \_\_\_\_\_

### Category

Junior (17)

Senior (18-39)

Veteran (40-49)

Super Veteran (50+)

I accept that this event is conducted under Scottish Athletics rules and conditions and I agree to acquaint myself with and abide by these rules and any organisers instructions. I declare that I am medically fit to compete in endurance events and that I participate in this event entirely at my own risk and I acknowledge that this event is a test of my fitness and has with it the potential of serious injury or property loss. I hereby, aware of the risks, agree to waive any claim and to release and discharge from any claim which I or they may have in respect of death, disability, injury, property loss, or damage as a result of or while I am participating in the event, the event organisers, director, sponsors, officials, administrators or volunteer helpers. I also agree to indemnify the persons mentioned above for any or all liabilities or claims made against them as a result of my behaviour in this event. I have read, understood and agree with the above disclaimer

Sign: \_\_\_\_\_

Date: \_\_\_\_\_