



# The 2009 Atlantis Leisure Race Series

Scottish Athletics Permit Events

## 5k Race Series Information

Name of race	Date	Registration/ meet time	start time	cost
Fearnoch Trail 5k	13th May	6.15pm	7pm	£2
Sutherlands Grove 5k	20th May	6.15pm	7pm	£2
5k Road	31st May	From 10.45 am	12 noon	£2

The three 5k races above are a mini series. You are welcome to compete in one or all of the races. There will NOT be a prize giving after each race, but there will be a small prize giving after the road race on the 31st May, in Atlantis Leisure.

### 5k races: minimum age for these races is 13 years

**Fearnoch Trail 5k:** this is all on forestry trail. The route will be marked with tape and arrows. Please register at the Forestry car park between 6.15 and 6.45pm. start grid ref:

Entry is on the day - no entry form for this race

**Sutherland Grove 5k:** this is a mixed terrain run, with some forestry trail and a short section off road on a path through the trees. This will be marked with tape and arrows. Please register between 6.15 and 6.45pm at Sutherlands Grove car park. Start grid ref:

Entry is on the day - no entry form for this race

**Atlantis Leisure Road 5k:** this is all on road. Please register between 10.45 - 11.30am. There is an entry form for this race - please complete and return to Atlantis Leisure. Entries will also be taken on the day, but if you are entering on the day please allow time to complete a form.

Atlantis Leisure, Dalriach Road, Oban, Argyll, PA34 5JE  
 01631 566 800 www.atlantisleisure.co.uk  
 peter@atlantisleisure.co.uk nick@atlantisleisure.co.uk

# Entry form for Atlantis Leisure Road 5k 31st May 2009

Scottish Athletics Permit Events

(There are no entry forms for the 5k races on 13th and 20th May.  
 Please bring £2 and register at the start on the day)

Please use block capitals

First name	
Surname	
Address	
Postcode:	
Telephone number	
Date of birth	SA reg no:
Club	
Email	

I accept that this event is conducted under UK Athletics rules and conditions and I agree to acquaint myself with and abide by these rules and any organiser's 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

Signed \_\_\_\_\_ date \_\_\_\_\_  
(Parent or guardian if under 18)

minimum age for this race is 13 years

**Please return with entry fee to  
 Atlantis Leisure, Dalriach Road, Oban, PA34 5JE**