

Welcome to the 8<sup>th</sup>  
**DECHMONT LAW 10K TRAIL RACE and 2.5K FUN RUN**  
**Sunday 14<sup>th</sup> June 2009, 11am**

Scenic woodland trail - Mostly firm path - Some muddy patches - Short tarmac sections

[Click here for 2009 Entry Form](#)

10K Entry Fee £4 for Scottish Athletic members, £6 for non-members  
Entries on the day £5 for Scottish Athletic members, £7 for non-members

**Minimum age for 10K entry is 17 years on date of race**

Cheques payable to "Lothian Running Club"  
Send completed Entry Forms and correct payment to:  
Richard Moir, Dechmont Law 10K Trail Race  
34 Tantallon Gardens, Bellsquarry, Livingston, EH54 9AT  
Tel: 01506 416331

**Registrations and entries on the day at Deans Community High School, Livingston, EH54 8PS**

10K Entries close on the day at 10.30am

Changing/Parking at DCHS  
NO ACKNOWLEDGEMENTS SENT  
PRE -ENTRANTS NAMES WILL BE POSTED ON WEBSITE  
COLLECT RACE NUMBERS ON THE DAY FROM REGISTRATION

Prize Categories for 10K (starts at 11.00am)

1st /2nd /3rd Male	1st /2nd /3rd Female
1st Male (40-49)	1st Female (40-49)
1st Male (50 and over)	1st Female (50 and over)
1st Male Team (best 3)	1st Female Team (best 3)
1st West Lothian Resident (Male)	1st West Lothian Resident (Female)
1st Junior Male (17-19 years)	1st Junior Female (17-19 years)
Only one individual prize per person Race memento for all finishers LOTS OF SPOT PRIZES COURTESY OF OUR SPONSORS	

**2.5K FUN RUN (starts at 10.30am)**

Fun runners must be 8 years of age unless accompanied by an adult  
Entry Fee 50p - All fun runners receive a medal