



DECHMONT LAW 10K TRAIL RACE @ 12:00 noon
DECHMONT LAW Junior 3.5K TRAIL RACE (11yr – 16yr) @ 11:15am
DECHMONT LAW 3.5K TRAIL RACE over 16yr @ 11:15am
2K FUN RUN @ 10:45am

Deans Community High School LIVINGSTON EH54 8PS - Sunday 12th June 2016

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

3.5K, 10K Entry Fee £7, £5 for Scottish Athletic members (SAL number required).
 U20 Entry Fee £6, £4 for Scottish Athletic members (SAL number required).
 Fun Run 50p
 Entries on the day +£1

Entries: Please complete the attached entry form and return to: Race Secretary,
 Trail2016, % 4 Bickerton Crofts, Hens Nest Road, East Whitburn, West Lothian EH47 8RX
 Cheques payable to “Lothian Running Club Trail2015”

No postal acknowledgement of entry will be sent, entries will be posted on website:
<http://www.lothianrunningclub.co.uk/> Collect race numbers on the day from registration.

Minimum age for 10K entry is 17 years on date of race
Minimum age for 3.5km entry is 11 years on date of race

Registrations, Entries, Changing and Parking at Deans Community High School, EH54 8PS from 9:30

Fun Run Start: **10:45am**, 3.5k Trail Start: **11:15am**, 10k Trail Start: **12:00 noon**.

Entries Close 30 minutes before Start. Allow 15 minutes to get to the Start.

Prize Categories for 10K		Prize Categories for 3.5K	
Male	Female	Male	Female
1 st /2 nd /3 rd	1 st /2 nd /3 rd	1 st /2 nd /3 rd U17	1 st /2 nd /3 rd U17
1 st (40-49)	1 st (40-49)	1 st /2 nd /3 rd U15	1 st /2 nd /3 rd U15
1 st (50-59)	1 st (50-59)	1 st /2 nd /3 rd U13	1 st /2 nd /3 rd U13
1 st (60 and over)	1 st (60 and over)	1 st /2 nd /3 rd Senior	1 st /2 nd /3 rd Senior
1 st Team (best 3)	1 st Team (best 3)		
1 st W Lothian Resident	1 st W Lothian Resident		
1 st Junior (17-19 years)	1 st Junior (17-19 years)		
Only one individual prize per person. Race memento for all finishers.			

GENERAL INFORMATION We cannot refund entry fees to runners who do not eventually take part. Dogs, cyclists or prams are not allowed on the course for the Trail races. Prams or buggies are not advised for the Fun Run.

The Organisers reserve the right to limit and or refuse entries.

MEDICAL ADVICE: If you suffer from any form of medical condition mark the front of your race number with a prominent cross, and list details of the condition on the back of your race number.

Email to trail2016@lothianrunningclub.co.uk



Lothian Running Club Trail Race 2016 Entry Form

*This form must be signed by Parent/Guardian if the participant is under 16years.

Race Number		Family NAME	First Name
Name			
Club			
Gender: F / M	Date of Birth		Age on Day
Email:			
Contact Phone No			
Race: 10k / 3.5k	SAL No: For £2 discount		Fee: £
West Lothian resident? Please write address below with post code			
<p>This is a 'scottishathletics' Permit Event under UKA Rules. The organisers have undertaken a Risk Assessment and will take all reasonable steps to ensure the race is fair and safe. It is not possible to exclude all risks. There is an obligation on entrants to follow the rules of the competition and behave responsibly to maintain their own and others safety and enjoyment.</p> <p>Runners must be 17 years of age or over on the day of the race to take part in the 10km Trail Event. I agree to the information presented on this application form being stored on computer for the use of the Organisers in administering the event and processing the race results. I understand that for safety reasons race numbers should NOT be exchanged with others.</p>			
Signed _____		Date _____	

Lothian Running Club Fun Run 2016 Entry-50p

Runners under 8 years old must be accompanied by an adult.

This form must be signed by Parent/Guardian if the participant is under 16 years

Name		Race Number	
Club		Age on Day	
<p>The organisers have undertaken a Risk Assessment and will take all reasonable steps to ensure the run is fair and safe. It is not possible to exclude all risks. There is an obligation on entrants to follow the rules of the competition and behave responsibly to maintain their own and others safety and enjoyment.</p> <p>I agree to the information presented on this application form being stored on computer for the use of the Organisers in administering the event and processing the race results. I understand that for safety reasons race numbers should NOT be exchanged with others.</p>			
Signed _____		Date _____	

Email to trail2016@lothianrunningclub.co.uk