



# MONKLANDS HALF MARATHON

Sunday 17<sup>th</sup> May 2015 - 10.30am start

Top prize of £100

Car Parking/Changing Facilities/ Entries on the day at St. Ambrose High School.

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**Official entry form** (please complete in capitals)

Name: .....

Address: .....

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..... Post Code .....

Telephone No: (Daytime no. please) .....

**Email Address:** .....

SAL Affiliation No: .....

Name of Club / Team / Relay Team: .....

Male:  Female:  Age on Day of Race:  Date of Birth: ::

Best Half Marathon time: :: Estimated time: ::

<b>Entry Fees</b>	SAL Affiliated	£10.00	Unaffiliated	£12.00
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**ALL ENTRIES ON RACE DAY WILL BE £15.00**

Please enter me for the race specified above. I am medically fit to run and fully understand that I enter at my own risk and that the organisers or sponsors will in no way be held responsible for any injury or illness incurred to my person during, or as a result of the event, or for any property lost on the course or in the changing rooms. I declare that I am an amateur as defined by SAL and will abide by the Laws and Rules for Competitions of the respective governing bodies. I am 17 years of age or over on the day of the race.

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

*This race is promoted under the permit of Scottish Athletics Limited and is subject, at all times, to the jurisdiction of SAL.*



Postal entries should be returned to: Frank Burns, Treasurer clubsportnl, 31 Woodview Drive, Cairnhill, Airdrie ML6 9HJ AND WILL NOT BE ACCEPTED UNLESS THEY ARE ACCOMPANIED BY THE FOLLOWING:

1. **the entry fee** – which can either be a cheque or a postal order, made payable to “clubsportnl”, with your name and address on the reverse and;
2. **current e-mail address** - if wishing to receive information via post an A5 stamped addressed envelope is required although our preferred method is via e-mail.

Closing date for all entries will be Monday 11th May 2015.

Online entries can be made at <http://www.stuweb.co.uk/>

Results will be posted on both clubsportnl’s and stuweb’s websites

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## Relay Team Entry

A minimum of six members MUST make up the team. Each member can only run 1 mile and then must hand over the baton to the next member of the team (with the exception of the last runner, who will run from 12 miles to the finish). If a member wishes to run more than one mile they may do so but cannot run two or more consecutive miles. Each team member must complete an individual entry form. **Relay team entries will not be accepted on the day of the race and teams must arrange transport**, etc for positioning of runners. Minimum age for each member of team is 16 years on the day of the race.

**Name of Team:** .....

Team members (full names). No alterations to entries will be accepted after entries are received.

Start .....	7 mile .....
1 mile .....	8 mile .....
2 mile .....	9 mile.....
3 mile .....	10 mile .....
4 mile .....	11 mile .....
5 mile .....	12 mile .....
6 mile .....	

**Entry Fee £20.00 per team (£50 donation to winning team’s nominated charity)**

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### Please be aware of the following:

Your personal details will be held only for the purposes of race administration, the chipping system, the results and informing you of the 2016 Half Marathon and other similar events.

We may also use images of this and past events for the local press and on our website.

Data will not be used for any other purpose and will not be passed onto any other third parties or agencies.

