

# CARLUKE DEVELOPMENT TRUST



## 9<sup>th</sup> Annual 10k Road Race and 5k Family Fun Run

Sunday 6<sup>th</sup> June 2010

Loch Park Stadium, Shieldhill Road, Carluke



5k family run starts at 11.30am, 10k road race starts at 12.30pm  
Registration/declarations from 10.30am

For more information visit [www.carluketrust.org.uk](http://www.carluketrust.org.uk)  
email: [carluckerace@btconnect.com](mailto:carluckerace@btconnect.com)

### 10k Road Race prizes

#### Open Prize List:

#### First six finishers

1 <sup>st</sup> place	£100	4 <sup>th</sup> place	£30
2 <sup>nd</sup> place	£75	5 <sup>th</sup> place	£20
3 <sup>rd</sup> place	£50	6 <sup>th</sup> place	£10

1st veteran man	£50	1st lady	£50
2nd veteran man	£25	2nd lady	£25
3rd veteran man	£15	3rd lady	£15
1st veteran man over 50	£10	1st veteran lady	£40
1st veteran man over 60	£10	2nd veteran lady	£20
1st veteran man over 70	£10	3rd veteran lady	£10

#### Bonus Prizes:

£100 for first person under 29 min	1 <sup>st</sup> Male Team 3x£10
£100 for first lady under 35 min	1 <sup>st</sup> Female Team 3x£10

#### Team Prizes:

1 <sup>st</sup> Male Team 3x£10
1 <sup>st</sup> Female Team 3x£10

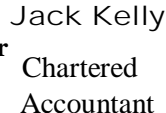
Memento for 10K pre-entry runners

### 5k Family Fun Run prizes

Winner	£30 voucher
Runner Up	£20 voucher
Third Prize	£10 voucher
1 <sup>st</sup> Family Team	£20
2 <sup>nd</sup> Family Team	£15
3 <sup>rd</sup> Family Team	£10

Family Teams can consist of two members upwards from same immediate family e.g. husband, wife, sons, daughters, aunts, uncles etc. The first two to cross the finishing line will qualify.

All 5k finishers receive a commemorative medal.



## OFFICIAL ENTRY FORM

Closing date for all pre-entry postal applications is Monday 31<sup>st</sup> May 2010

Minimum age for the 10K race is 16 years on the day of the event. Minimum age for the 5K fun run is 9 years on the day of the event but 11 year olds and under must run with a parent/guardian. Veteran category commences at 40 years for men and 35 years for women.

**Fees: 10K RACE** – pre-entry fee: Scottish Athletics Ltd registered runners: £8. Non-SAL registered runners: £10

**5k FUN RUN** – pre-entry fee: £3 per entrant. Entries accepted on day of the race(s) at an additional cost of £3 for 10k & £2 for 5k on top of the above figures.

**SPECIAL NOTE:** Entries for both races are acceptable but only one prize awarded per individual competitor (excluding family team).

CDT 9TH ANNUAL 10K ROAD RACE AND 5K FAMILY FUN RUN - OFFICIAL ENTRY FORM [www.carluketrust.org.uk](http://www.carluketrust.org.uk)

Forename: ..... ENTRY CATEGORY (please tick)  
 Male  Female   
 Surname: ..... Veteran  Family Team   
 Address: ..... Age on race day .....  
 ..... Postcode ..... 10k road race   
 Date of Birth: ..... Tel no: ..... 5k Family fun run



Supported by

E-mail: ..... I would like to run for Marie Curie Cancer Care and help to raise funds for the Hospice and the local Nursing Services   
 (entry forms receipts will only be acknowledged by email)  
 Club: ..... Membership ..... Marie Curie vest size: Small Medium Large

Complete and send along with appropriate entry fee (cheque/PO made payable to 'Carluke Development Trust')

to: Tom Sneddon, CDT Race Director, 11 Holm Street, Carluke, Lanarkshire, ML8 5BS

Running numbers issued from registration room on race day. NOTE: postal entries close May 31<sup>st</sup> 2010.

- I declare that I will abide by the laws and rules of Scottish Athletics Ltd.
- I declare that I will not compete in this race unless I am medically fit on the day of the race and that, in any event, I will compete at my own risk.
- I accept that the organisers will not be liable for any loss, damage, action, claim, costs or expenses which may arise out of my participation in this event.

Signed: ..... Date: .....  
 ..... If younger than 16 years – a Parent or guardian must sign too .....

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