

Thurso Town's Improvement Association

In association with C.A.A.C.

10K Run & 3K Fun Run/Walk

Sunday 9th August 2009

Millbank, Thurso

10K Run 1PM – (over 15s only) ENTRY £6

3K Fun Run and Walk 1.15pm – ENTRY £3

The 3K is open to all ages but under 8s must be accompanied by an adult

Registration at Thurso Youth Club, Millbank, Thurso from 11.30am-12.30pm

Enter in advance or on day of race

Changing at Thurso Youth Club

Prizes – 1st, 2nd, 3rd Female and Male – 10K Run

1st, 2nd, 3rd Girl and Boy (under 15) – 3K Fun Run/Walk

Plus Spot Prizes for fancy dress, selected race numbers etc.

For further information please contact:

Sophie Dunnett

Tel:- 01847 811094

www.ebigh.com/caac

10K & 3K Fun Run/Walk Entry Form

PLEASE TICK

10K Run

3K Run/Walk

Name.....

Address.....

Telephone.....

Date of Birth.....

Age on Race Day.....

Male

Female

DECLARATION:

I declare that I am medically fit to participate in this event and understand that I do so entirely at my own risk and that the organisers will not be liable for any loss or injury which may arise as a result of my taking part,

Signature.....Date.....

Under 16s

Signature of parent or guardian.....

Please return completed entry forms along with SAE to:

S Dunnett, Shebster View, Blakchills, Reay, Caithness, KW14 7RR

Cheques should be made payable to C.A.A.C.

OFFICIAL USE ONLY

Race number

Amount Paid