



**DECHMONT LAW 10K TRAIL RACE\*\***  
**DECHMONT LAW Junior 3.5K TRAIL RACE\*\* (11yr – 16yr)**  
**and 2K FUN RUN**  
**LIVINGSTON - Sunday 9<sup>th</sup> June 2013 from 10:30am**

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

10K Entry Fee £5 for Scottish Athletic members (SAL number required), £7 for non-members

U20 Entry Fee £4 for Scottish Athletic members (SAL number required), £6 for non-members

Entries on the day +£1

**Entries**

Please complete the attached entry form and return to:

Race Secretary, Trail2013, c/o 4 Bickerton Crofts, Hens Nest Road, East Whitburn, West Lothian EH47 8RX

Cheques payable to "Lothian Running Club Trail2013"

Email to [trail2013@lothianrunningclub.co.uk](mailto:trail2013@lothianrunningclub.co.uk)

No postal acknowledgement of entry will be sent. - pre-entrants names 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 Junior entry is 11 years on date of race**

**Registrations, Entries, Changing and Parking at Deans Community High School, Livingston, EH54 8PS**

Junior Trail Start: **10:30am**. Fun Run Start: **10:45am**. 10k Trail Start: **11:15am**

Entries Close 15 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 <sup>st</sup> /2 <sup>nd</sup> /3 <sup>rd</sup>	1 <sup>st</sup> /2 <sup>nd</sup> /3 <sup>rd</sup>	1 <sup>st</sup> /2 <sup>nd</sup> /3 <sup>rd</sup> U17	1 <sup>st</sup> /2 <sup>nd</sup> /3 <sup>rd</sup> U17
1 <sup>st</sup> (40-49)	1 <sup>st</sup> (40-49)	1 <sup>st</sup> /2 <sup>nd</sup> /3 <sup>rd</sup> U15	1 <sup>st</sup> /2 <sup>nd</sup> /3 <sup>rd</sup> U15
1 <sup>st</sup> (50-59)	1 <sup>st</sup> (50-59)	1 <sup>st</sup> /2 <sup>nd</sup> /3 <sup>rd</sup> U13	1 <sup>st</sup> /2 <sup>nd</sup> /3 <sup>rd</sup> U13
1 <sup>st</sup> (60 and over)	1 <sup>st</sup> (60 and over)		
1 <sup>st</sup> Team (best 3)	1 <sup>st</sup> Team (best 3)		
1 <sup>st</sup> W Lothian Resident	1 <sup>st</sup> Lothian Resident		
1 <sup>st</sup> Junior (17-19 years)	1 <sup>st</sup> 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 did not eventually take part in the race(s). No dogs, cyclists or prams are allowed on the course for the \*\* permitted events. 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 waterproof cross, and list details of the condition on the back of your race number.



## Lothian Running Club Trail Race 2013 Entry Form

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

	<b>FIRST Name   LAST Name</b>	<b>Race Number</b>	
<b>Name</b>		<b>Age on Day</b>	
<b>Club</b>		<b>Contact Phone No.</b>	
<b>Email:</b>			

Select Gender, Age Group and Fee to pay									
<b>JF</b>	<b>£4.00</b>	<b>F</b>	<b>£5.00</b>	<b>FV</b>	<b>£5.00</b>	<b>FSV</b>	<b>£5.00</b>	<b>FUV</b>	<b>£5.00</b>
<b>17-19</b>	<b>£6.00</b>	<b>20-39</b>	<b>£7.00</b>	<b>40-49</b>	<b>£7.00</b>	<b>50-59</b>	<b>£7.00</b>	<b>60+</b>	<b>£7.00</b>
<b>JM</b>	<b>£4.00</b>	<b>M</b>	<b>£5.00</b>	<b>MV</b>	<b>£5.00</b>	<b>MSV</b>	<b>£5.00</b>	<b>MUV</b>	<b>£5.00</b>
<b>17-19</b>	<b>£6.00</b>	<b>20-39</b>	<b>£7.00</b>	<b>40-49</b>	<b>£7.00</b>	<b>50-59</b>	<b>£7.00</b>	<b>60+</b>	<b>£7.00</b>

<b>*M&lt;13</b>	<b>£4.00</b>	<b>*M&lt;15</b>	<b>£4.00</b>	<b>*M&lt;17</b>	<b>£4.00</b>	<b>*F&lt;13</b>	<b>£4.00</b>	<b>*F&lt;15</b>	<b>£4.00</b>	<b>*F&lt;17</b>	<b>£4.00</b>
<b>11-12</b>	<b>£6.00</b>	<b>13-14</b>	<b>£6.00</b>	<b>15-16</b>	<b>£6.00</b>	<b>11-12</b>	<b>£6.00</b>	<b>13-14</b>	<b>£6.00</b>	<b>15-16</b>	<b>£6.00</b>

<b>Scottish Athletics No: For £2 discount</b>		<b>West Lothian resident? Please write address below with post code</b>
<b>DECLARATION:</b> I fully understand that I have entered this race at my own risk and that the Organisers and Sponsors will not be liable for any loss or injury before, during or after the event. I understand runners must be 17 years of age or over on 9th June 2013 to take part in the 10km Trail Event. I declare that I am physically fit and take part in the event at my own risk. 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 for this event should NOT be given to runners who have not signed a declaration. A 'scottishathletics' Permit Event		
<b>Signed</b> _____	<b>Date</b> _____	

<b><u>Lothian Running Club Fun Run 2013 Entry-50p</u></b>			
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			
<b>Name</b>		<b>Race Number</b>	
<b>Club</b>		<b>Age on Day</b>	
<b>DECLARATION</b> I fully understand that I have entered this race at my own risk and that the Organisers and Sponsors will not be liable for any loss or injury before, during or after the 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 for this event should NOT be exchanged or given to runners who have not signed a declaration.			
<b>Signed</b> _____		<b>Date</b> _____	