

BEN NEVIS RACE 2010 - OFFICIAL ENTRY FORM

Saturday 4th September 2010 at 1:00 pm. New Town Park, Fort William.
Under UKA Rules and BNRA Rules for Runners - scottishathletics Permit Event.

Entries to: **Ben Nevis Race Association**
PO Box 7049
FORT WILLIAM
PH33 9AE

Please enter me for the 2010 Ben Nevis Race. I enclose my entry fee of £17.00 (cheques to "BNRA"), or £15.00 as I am a member of **Scottish Athletics** (enter # below)

PLEASE DO NOT DATE YOUR CHEQUE

I agree to abide by UK Athletics and BNRA Rules. (BNRA Rules are available at www.bennevisrace.co.uk)

I confirm that along with this entry form I have received a copy of the Ben Nevis Race Association Rules for Runners dated 14th February 2006. I also hereby absolve and discharge and undertake to relieve and indemnify the Ben Nevis Race Association and its officials and advisers of all liability for any death, injury or loss I or my family or other dependants may suffer while participating in or attending the Ben Nevis Race or as a consequence of my so doing. I understand the nature and effect of signing this document, that it has legal consequences for me and my family and dependants and that I have had time to consider it and take legal advice on it before signing. I declare that I am an amateur as defined by UK Athletics Rules. I am at least 18 years old on 1st January 2010 and take part in the Race entirely at my own risk.

Three Category "A" Hill / Fell Races I have completed:

123

Time allowances:

To Halfway - One hour; To Summit - Two hours; To Finish - Three hours 15 minutes.

If you are unsure of being able to meet these times, PLEASE DO NOT ENTER.

FULL WATERPROOF BODY COVER, WHISTLE AND RUNNER'S CARD MUST BE CARRIED
PENALTY: IMMEDIATE DISQUALIFICATION.

Please tick as appropriate:

A Lochaber District Resident	_____	G Member of Police	_____
B Under 23*	_____	H This is my 21st Ben Nevis Race	_____
C Serving in H.M. Forces	_____	I 60 and over *^	_____
D 40-49 *^	_____	J Member of Ambulance Service	_____
E First Ben Nevis Race	_____	K Member of Fire Brigade	_____
F Lady	_____	L 50-59 *^	_____

* Age Categories are as at date of race. ^ You may enter only one age category

Signature _____ Date of Birth _____ E-mail _____

Name (please print) _____ Address _____

Address _____

Post Code _____ *Scottish Athletics #* _____ Telephone number _____

Club (No unattached runners) _____