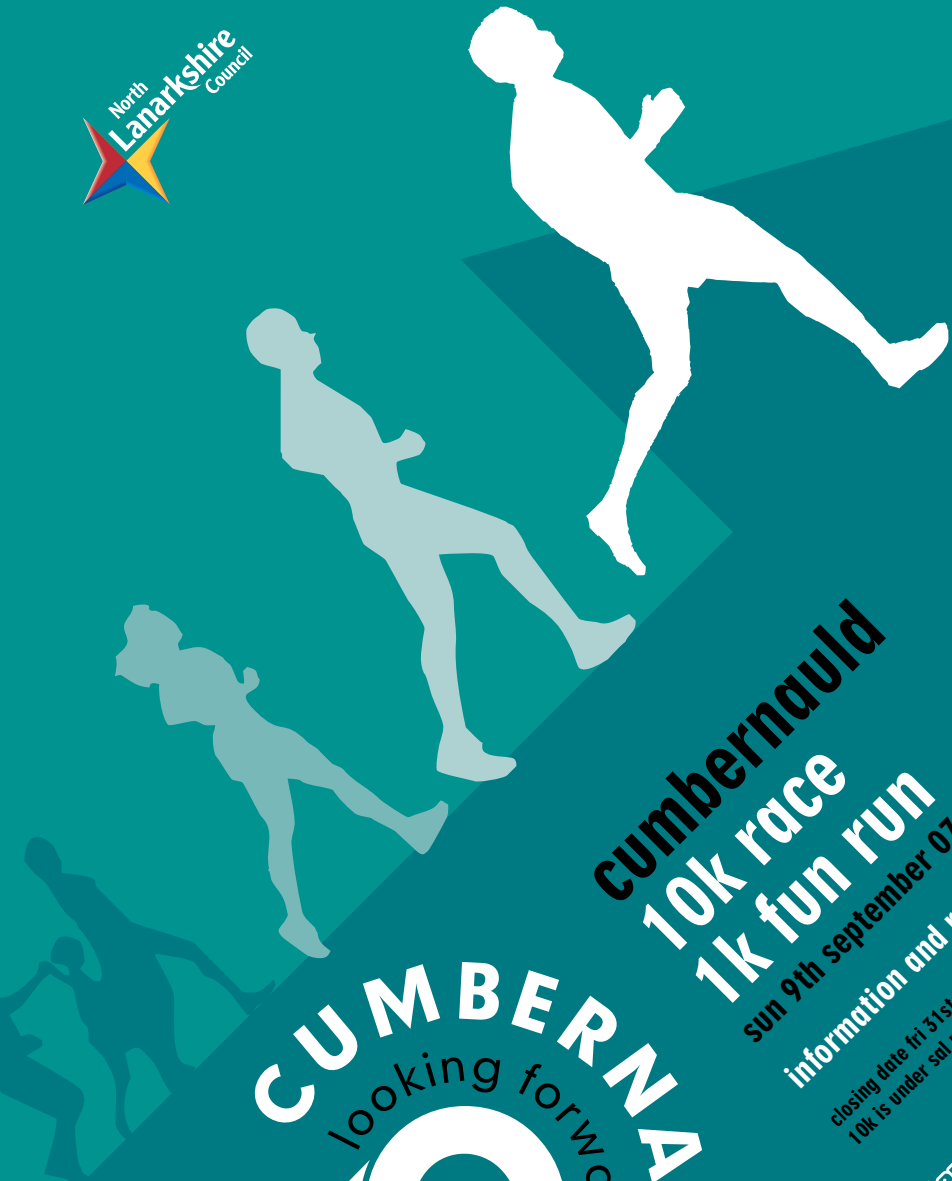




CUMBERNAULD
looking forward to
50

cumbernauld
10k race
1k fun run
sun 9th september 07

information and registration
closing date fri 31st august 07
10k is under sal permit

Lanarkshire



ANTONINE
SHOPPING CENTRE

The Campus Centre Cumbernauld Ltd.

Looking forward at 50

Cumbernauld New Town is 50 years old this year. To celebrate the anniversary, organisations and communities across Cumbernauld have planned a variety of commemorative and celebratory activities. The Cumbernauld 10k race and 1k fun run are core to these celebrations.

Where: Broadwood Stadium

When: Sunday 9th September at 10.00am

Bring your family and friends along to cheer you on. As well as the race and fun run, there will be face painting, tri golf, a climbing wall and much more - fun and activities for all!

The event is being run by North Lanarkshire Council, in partnership with North Lanarkshire Leisure and the North Lanarkshire Partnership.

The event is sponsored by the Antonine Shopping Centre and the Campsies Centre Cumbernauld.

Additional support is provided by:

- A G Barr
- Asda, Cumbernauld
- Tesco Extra, Cumbernauld

How to register for the 10k race and the 1k fun run

Please read the following information carefully before completing your entry form.

How to Enter

Complete the appropriate entry form in block capitals using a ball-point pen. Tear off along the perforations, and send with the correct entry fee to the following address:

10k Race Registration / 1k Fun Run Registration
North Lanarkshire Leisure Ltd
Time Capsule
100 Buchanan Street
Coatbridge, ML5 1DL

Telephone 01236 437756

Your entry fee covers postage of your entry number. No stamped addressed envelope needed.

Closing date for entries is FRIDAY 31st AUGUST 2007
All entries must be received by 5pm on that date.
Unfortunately no entries can be accepted on the day of the race.



How to Pay

Cross cheques and postal orders and make them payable to 'North Lanarkshire Leisure Ltd'.

Put the runner's name and address on the back of the cheque. Please do not send cash.

Entry Fee

Early Bird Entry

(before Mon 6th August 07)

10k Race:	
Scottish Athletics member	£10.00
Jogscotland members	£10.00
Access NL members	£10.00
Passport to Leisure	£5.00
All other entrants	£12.00

1k Fun Run:	
Per child	£1.00

Standard Entry

(between Mon 6th and Fri 31st August 07)

10k Race:	
Scottish Athletics member	£12.00
Jogscotland members	£12.00
Access NL members	£12.00
Passport to Leisure	£6.00
All other entrants	£14.00

1k Fun Run:	
Per child	£1.50

Additional information for the 10k race

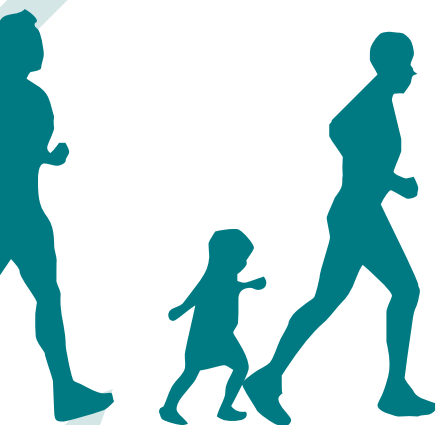
- A limit has been set on the number of runners that can participate in the Cumbernauld 10k and entry will be on a first come, first serve basis.
- Participants must be at least 17 years of age.
- For reasons of safety we cannot accept entries from people on roller-blades, in beds, wheel-barrows, pushchairs, unicycles, prams, baby joggers etc.
- No pets, dogs, or horses.
- Please provide details of any pre-existing medical condition, either in writing with your entry form, or by calling us on 01236 437756.
- We will send out race packs, including runners numbers and a full prize list, in the four weeks leading up to the event.

Additional information for the 1k fun runs

- The race is open to children who will be entering primary 5, 6 or 7 in August this year.
- All participants in the fun runs will receive a medal.
- Whilst the fun runs will not actually begin until 10.30am, we would ask that all participants be at the stadium for 10.00am.
- A photographer will be present at the event taking photographs which may appear in the press and will be used in other council publications. As your child is under 16 years of age we will require a guardian's consent for their participation.
- Under the laws of data protection we are obliged to highlight the possibility of information on the form being used for promotional or research purposes. If you are happy for the information to be used, please tick the box provided on the form.

Final Checklist

- ☐ Signed and dated form
- ☐ Filled in date of birth
- ☐ Enclosed correct payment
- ☐ Noted name and address on back of cheque



Cumbernauld 10k Race Entry Form

This form must be completed in BLOCK CAPITALS and returned to the address provided by Friday 31st August 2007

Surname

First name

Address

Post code

Telephone number (day time)

Email address

Date of birth

Male

Female

Are you a member of:

Scottish Athletics

Membership no:

Club

(if you are not a member of an affiliated club, please write 'unattached')

Are you a member:

Jogscotland?

Membership no:

Are you a member:

'Access NL'?

Membership no:

Do you have a valid 'Passport to Leisure' card?

Passport no:

What is your preferred t-shirt size?

S

M

L

XL

How much time do you think you will need to complete the race?

Less than 30 mins

30 to 45 mins

45 to 60 mins

Over 60 mins

Do you have a medical condition that we should know about?

Yes

No

If yes, please give brief details

(information will be treated in confidence)

Declaration: I certify that I am medically fit. I understand that the organisers will not be liable for any property lost or damaged on the race day. All participants must be 17 years of age or over on the day of the race. A limit has been set on the number of runners that can participate in the Cumbernauld 10k and entry will be on a first come, first serve basis.

Signature

Name in print

Date

Cumbernauld 1k Fun Run Entry Form

This form must be completed in BLOCK CAPITALS and returned to the address provided by Friday 31st August 2007

Surname			
First name			
Address			
Post code			
Emergency contact			
Telephone number (day time)			
Date of birth			
	Male	☐	Female
		☐	☐
Primary school			
Primary	P5	☐	P6
		☐	P7
		☐	☐

Declaration: I certify that my child is medically fit to run. I understand that the organisers and sponsors will not be liable for any injury or illness incurred by my child as a result of the event, or for any property lost or damaged on the race day.

Signature of parent or guardian	
Printed name	
Date	

As your child is under 16 years of age we will require your consent for their participation in any photographs that are taken for use by the press and in council publications. If you are happy for your child to participate please sign below.

Signature	
Relationship to child	

Under the laws of data protection we are obliged to highlight the possibility of information on the form being used for promotional or research purposes. If you are happy for the information to be used, please tick this box. ☐

Cumbernauld 10k Race Route



Why not run the race for charity? The Scottish Spina Bifida Association, which is based in Cumbernauld, supports over 3000 children, young people and adults across Scotland affected by spina bifida, hydrocephalus and allied conditions. In November 2006 the association opened a drop-in centre which offers families confidential meeting rooms, health

checks and a revolutionary tele-video link up between users, specialists and hospitals across Scotland. The association relies heavily on donations to maintain current levels of operation. To find out how to run the Cumbernauld 10k race in support of the Scottish Spina Bifida Association, call 01236 794508 or email fundraising@ssba.org.uk

Partners:



scottish
spina bifida
association

Additional Support From:

