

Self-transcendence

Wednesday 11 May 2011

Silverknowes, Edinburgh - 7.30 pm

5k

Incorporating
Scottish 5k road
Championship



- *START/FINISH/REGISTRATION ON SILVERKNOWES ESPLANADE BY THE TEA ROOM BELOW MARINE DRIVE.
- *OUT AND BACK FLAT 5K COURSE ALONG THE BANKS OF THE RIVER FORTH.
- *USUAL CATEGORY PRIZES.
- *MEDAL TO ALL FINISHERS
- *FULL RESULTS/PHOTOS ON WEB www.srichinmoyraces.org/uk/races/edinburgh/
- * SILVERKNOWES TEA ROOM WILL BE OPEN FOR REFRESHMENTS.



**ORGANISED BY SRI CHINMOY ATHLETIC CLUB and
Run and Become**

66 DALRY ROAD, EDINBURGH EH11 2AY
Tel: 0131-313 5300 -Edinburgh@runandbecome.com

ENTRIES TAKEN AT RUN AND BECOME OR ENTER ONLINE
at <http://www.entrycentral.com/index.php?raceID=101145>



THE ONLINE START LINE

www.srichinmoyraces.org/uk/races/edinburgh

ENTRY FORM: SELF TRANSCENDENCE 5k Wednesday 11 May 2011 – 7.30pm
Entry Fee: £5 SA affiliated/ £7 non-SA affiliated. Minimum age 15 years

SURNAME		FIRST NAME			
ADDRESS		MALE/FEMALE			
POST CODE		DATE of BIRTH		AGE	
CLUB		SA/JS no			
EMAIL		PHONE			

I attest that I am physically fit and sufficiently trained for the completion of the above event. I waive and release the Sri Chinmoy Athletic Club and their representatives for any and all injuries suffered by me in the said event.

SIGNATURE

DATE

POST OR BRING IN ENTRY/PAYMENT TO

RUN AND BECOME, 66 Dalry Road, Haymarket, Edinburgh EH11 2AY

(cheque/po payable to: **Sri Chinmoy AC**) **Postal closing date: 4 May 2011**

(Please enclose a stamp-addressed envelope/email address for confirmation)

Entry limit 300 Entries on night if entry limit has not been reached.

☐ Data Protection: we will not pass your details onto any third parties, if you do not wish to be on our email list please tick here