

Self-transcendence

Wednesday 16 May 2012

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/](http://www.srichinmoyraces.org/uk/races/edinburgh/)
- \* SILVERKNOWES TEA ROOM WILL BE OPEN FOR REFRESHMENTS.



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

20 Queensferry Street, EDINBURGH EH2 4QW

Tel: 0131-313 5300 -[Edinburgh@runandbecome.com](mailto: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](http://www.srichinmoyraces.org/uk/races/edinburgh)**

**ENTRY FORM: SELF TRANSCENDENCE 5k Wednesday 16 May 2012 - 7.30pm**  
Entry Fee: £6 SA affiliated/ £8 non-SA affiliated. Minimum age 15 years

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

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, 20 Queensferry Street, West End, Edinburgh EH2 4QW  
(cheque/po payable to: **Sri Chinmoy AC**) **Postal closing date: 9 May 2012**  
Number pick-up on the night of the race.

**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