



Highland "Fling"

Saturday 25th April 2009

Entry Form

Name Date of Birth

Address Age on 27th April 2009 (must be over 21)

..... Class (circle) MV 40+ ; MSV 50+ ; FV 35+ ; FSV 45+

..... Club

Postcode Nationality

Tel No SAF Membership No

Mobile E-mail

Next of Kin Relationship Tel No

Allergies Doctor Tel No

Relay Team Non-SAF Member Entry Fee (£12)

(Team Captain must give individual details above) SAF Member Entry Fee (£10)

Relay Class (circle) M, F, Mixed (2M/2F) Overseas Entry Fee (20 Euros)

Runner 1 Relay Entry Fee (£20)

Runner 2 ~~Cottage Booking (circle double £30 single £20)~~ **FULL**

Runner 3 Bus to Milngavie £10 (circle 18:00/19:30/21:00/22:00)

Runner 4 Total Entry Fee and Reservations

(Runners names can be advised in week of the race)

I understand the organisers shall not be liable for any loss, damage or injury arising from my involvement.

Signature Date

Forms and fees, payable to "The Highland Fling", should be sent to Murdo MacDonald, "Craig Ailey", South Ailey Road, Cove, Argyll & Bute, G84 0PL, by Wednesday 21st April 2009.

Further information is available on the "Fling" website at <http://www.highlandflingrace.org> or Murdo at 01436-842265, murdocove@hotmail.com, or Ellen at Ellen.McVey@ineos.com