

Follow the Herring XII 10km Road Run and 2km Fun Run

10km Road Run (10.45 am start)
2km Fun Run (10.30 am start) (With School Trophy)

WHERE: Portsoy, Banff, Scotland
WHEN: Sunday 1st July 2007

If you run in 2007 you can support the **Press & Journal's Year of Giving**

To enter you can either:

- download an entry form on this site (see below)
- call the race administrator on 01467 628283
- OR enter online at Runners World

<http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=34260>

Prizes for 10km	Prizes for 2km
Winning Male & Female £50	School Team Trophy to be awarded to the Primary School Team (3 members to count) achieving the lowest placings count
Second Male & Female £25	
Third Male & Female £15	
Winning Male & Female vet £25	
Winning Male & Female supervet £25	
All participants receive medals and Goody bag plus free entry to the Festival	

Sponsors:

Event Scotland	Youngson Insurance	Aberdeenshire Council	Speyside Leisure
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Follow the Herring XII 10km Road Run and 2km Fun Run - information

The Press & Journal's Year of Giving is a campaign to raise over £500,000 to support the work of both local and national charities including The Anthony Nolan Trust, Leukaemia Research, Maggie's Cancer Centres and local cancer charity UCAN.

The Press and Journal has helped raise more than £6million for charities in the last five years and, this year, is planning a major fund-raising initiative aimed at raising an additional £500,000 which will be shared among dozens of charities and good causes in the north and north-east. The Press & Journal Year of Giving is a registered charity, number SCO37695.

The runs will begin at the Recreation Ground, Portsoy and finish at the harbour. All participants for the fun run must be aged 8 years and over with no upper age limit – families welcome. Those participating in the road run must be 15 years of age or over on the day of the race.

Entry There are two ways to enter the 10km

- For those who would like to take part in the 10km run and raise funds for The Press & Journal's Year of Giving, the entry fee is £10. (Cheque payable to Aberdeenshire Council). We ask our fundraising runners to raise as much sponsorship as possible and to bring a minimum of £25 on the day of the event.
- Usual entry, enclosing a cheque payable to Aberdeenshire Council for £10 Athletics Scotland Members, £15 Non Athletics Scotland Members.
- **Closing Date for entries is Wednesday 28th June 2007**
- Late entries will be accepted on the day up to 09:45 am @ £15 for all entrants.
- Note – Fun Run entry is £5, cheques payable to Aberdeenshire Council.
- OR enter online at Runners World
<http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=34260>

Registration

To take part simply complete the entry form and return it along with your entry fee. If you have opted to raise sponsorship please tick the box on the entry form.

Please note – For Reason of Safety: No entries are permissible from people on roller skates, in wheelbarrows, pushchairs, carrying various objects for charity etc. We regret that this year's runs are unsuitable for those in wheelchairs. No pets, dogs or horses (only people with a guide dog will be permitted and a position at the rear of the field will be allocated).

Use of images – by entering the runs you give your permission for the free use of your name and picture in any advertising promotion, in the press and on the Aberdeenshire Sports Council and Scottish Traditional Small Boat festival web sites.

Follow the Herring XII

10km Road Run and 2km Fun Run – entry form

The Recreation Ground, Portsoy Sunday 1st July 2007
 Start 10.45 am (10km) and 10.30 am (2km)
 Under Scottish Athletics Federation Rules and Associated Bodies

First name	
Last name	
Address	
Postcode	
Tel No (day) with STD	
Tel No (evening) with STD	

Date of birth		Sex		Age on race day	
Club/School:					
Scottish Athletics Scotland Membership Number (if applicable):					

I enclose a cheque made payable to Aberdeenshire Council

		Tick
10Km	Raising min £25 sponsorship	£10
	Scottish Athletics Scotland Member	£10
	Non Scottish Athletics Scotland Member	£15
	Donation (instead of Sponsorship - purely at your discretion)	£
2Km	Entry for all participants	£5

Please send me sponsorship forms as I would like to raise money for The Press & Journal's Year of Giving (tick if applicable)	
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Please note All participants are strongly advised to consult their doctor prior to undertaking any exercise programme.

Disclaimer 10k I declare I am an amateur as defined under S.A.F. rules and all associated bodies and will abide by those rules and that I will be 15 years of age or over on the day of the run. I hereby agree that the organisers or associates shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the run. I will not participate unless I am fit to run 10km.

Disclaimer 2k I hereby agree that the organisers or associates shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the run. I will not participate unless I am fit to run 2km.

Signed _____ Date _____
 (parent to sign if participant is under 16)

Entries To - Race Administrator, Aberdeenshire Council, Gordon House, Blackhall Road, Inverurie
 AB51 3WA Tel: 01467 628283