

# THE BLACK ROCK '5'

The Thirty-second Black Rock '5' will take place on:

Friday the 14<sup>th</sup> June. Start time 7.30p.m.

Under UK Athletics Rules: a Scottish Athletics Permit Event.

All finishers over age 18 will receive a bottle of ale.

**THIS IS A ROAD AND BEACH RACE: YOU WILL GET YOUR FEET WET!**

**Please Complete in BLOCK CAPITALS**

Forename:			
Surname:			
Date of birth:		Male/Female:	
Scottish Athletics Club:			
Registration No:			
Address:			
Postcode:			
*E-mail address:	This is where your entry confirmation will be sent!		
Phone No., Mobile will get finish time SMS on the night.			

**Telephone number for enquiries: 01592 891247**

**Visit: [www.blackrock5.org](http://www.blackrock5.org) or e-mail [blackrock5@hotmail.co.uk](mailto:blackrock5@hotmail.co.uk)**

**Follow us on twitter: [@blackrockfive](https://twitter.com/blackrockfive)**

Scottish Athletics member entry fee: £13

Non-member entry fee: £15

**Entries open Sunday 5th May at 7pm**

**PRE-ENTRY ONLY: RACE ENTRY LIMIT 1250. AGE LIMIT IS 15**

Send postal entries to:

The Black Rock '5', 11 King's Drive, Kinghorn, KY3 9XG

Cheques/PO's payable to: The Black Rock '5'

**Online entry is available at: [www.entrycentral.com/blackrock5](http://www.entrycentral.com/blackrock5)**



**I declare that I am physically fit to take part in this event. I also renounce any claims for loss or injury sustained while taking part in this race in which I participate at my own risk.**

**Signed:**

**Date:**     /     /

**Official use only:**

Date received:

Runner Number:

Paid:

Category:	JM	M	M40	M50	M60
	JW	W	W40	W50	W60
	LOCAL				

**\*If you do not have an e-mail address we will post the race information to your home address**