

THE BLACK ROCK '5'

The Thirty-third Black Rock '5' will take place on:
Friday the 27th May. Start time 19.45

Under UK Athletics Rules: a Scottish Athletics Licensed 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:	SA		
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 or e-mail blackrock5@hotmail.co.uk

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

Scottish Athletics member entry fee: £15

Non-member entry fee: £17

Entries open Friday 15th April 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



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**